



PEP gets a “clean bill of health” in the Health Sector

Health workers are under increasing levels of stress, often as a result of under-funding, rapidly changing technology and increasingly demanding administrative tasks - often government mandated –leaving less time for “hands on” activities.

In this climate any non technical training would really have to prove its worth. PEP has been conducted in Hospitals, Ministries and Health Funds with such diverse roles as Nurses, Doctors, Mental Health professionals, Radiology staff and Human Resource Team members.

In this demanding environment, PEP has demonstrated long term, positive and sustainable behaviour change. For example, one District Health Board in NZ followed up 32 staff a full 8 months after they attended the PEP training. The feedback from participants was a powerful endorsement of PEP:

- 84% rated PEP as “high value” or “very high value”
- 97% would “recommend this course to others”
- As a result of doing PEP, 94% felt “more in control of their work” and
- 94% felt “more in control of their workspace”

On a range of 11 key measures to identify if participants were still using PEP specific practices the results ranged from a high of:

- 100% to a low of 83% using the gradings of “sometimes” “regularly” and “always”, and
- 97% to a low of 30% if the only the two categories of “always” and “regularly” are included.

(A complete copy of the results is attached)

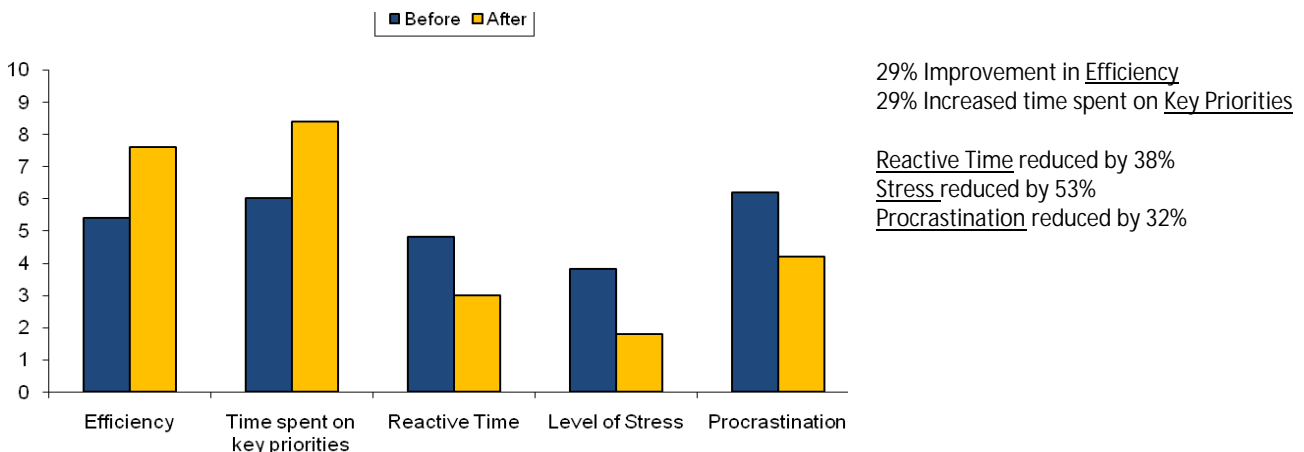
PEP has passed the “Health check” with flying colours.

Some sample statistics from a group on completion of the PEP program:

Before and After PEP Survey

The charts indicate:

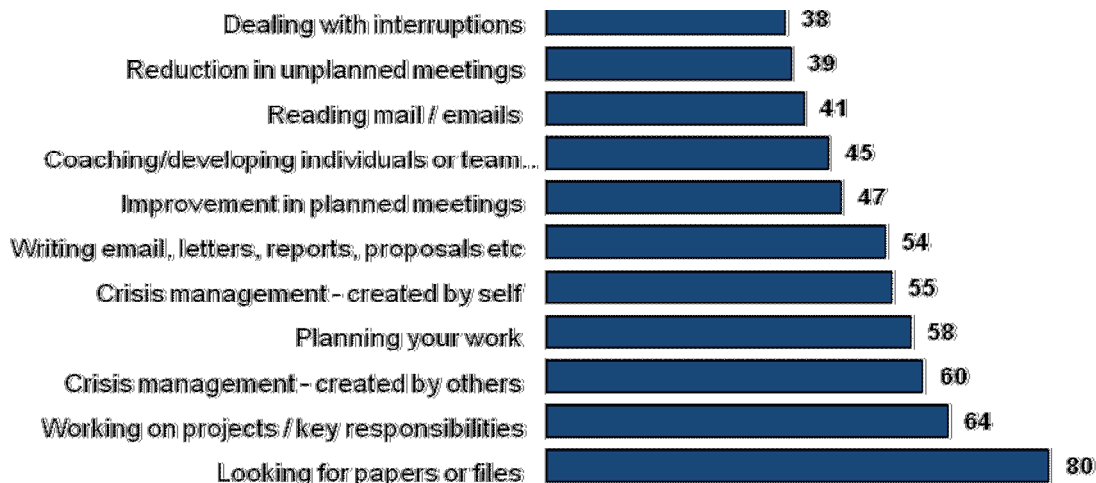
- Significant increases in efficiency and time spent on key priorities.
- Reduced levels of job-related stress and major reductions in procrastination.



Of particular significance is the estimate of how much more time participants are now spending on the most important aspects in their jobs.

Average is greater than **2 hours** per day per person

Chart B averages the percentage improvement estimated by participants over a range of areas of personal efficiency which PEP addresses:



Average Performance Improvement = 53%

Results from PEP participants, 6 months after completing the PEP program.

Listed below are the learning outcomes from the PEP sessions. Using the boxes provided please indicate how often you use each as part of your workplace practice. Refer to your PEP workbook if required.

	Never	Occasionally	Sometimes	Regularly	Always	Response Count
Organising your workspace (paper based) filing, drawers, trays etc	0.0% (0)	6.5% (2)	9.7% (3)	54.8% (17)	29.0% (9)	31
Organising your desktop (electronic) emails, calendar, personal folders etc	0.0% (0)	0.0% (0)	3.2% (1)	67.7% (21)	29.0% (9)	31
Identify and reduce multiple handling	0.0% (0)	0.0% (0)	43.3% (13)	43.3% (13)	13.3% (4)	30
Reduce distractions and interruptions	3.3% (1)	10.0% (3)	56.7% (17)	23.3% (7)	6.7% (2)	30
Reduce procrastination - 'Do it Now'	0.0% (0)	3.2% (1)	32.3% (10)	61.3% (19)	3.2% (1)	31
Prioritising your workload - identify 'Big Rocks' etc	0.0% (0)	3.2% (1)	16.1% (5)	61.3% (19)	19.4% (6)	31
Project planning	3.2% (1)	12.9% (4)	29.0% (9)	45.2% (14)	9.7% (3)	31
Review the week ahead and plan for reactive time - WRAP	6.7% (2)	10.0% (3)	26.7% (8)	30.0% (9)	26.7% (8)	30
Managing your calendar more effectively	0.0% (0)	6.5% (2)	16.1% (5)	38.7% (12)	38.7% (12)	31
Understanding your personal work preferences	0.0% (0)	6.5% (2)	29.0% (9)	45.2% (14)	19.4% (6)	31
Understand how the way you work impacts on others	0.0% (0)	6.5% (2)	19.4% (6)	51.6% (16)	22.8% (7)	31

As a result of attending the PEP

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Response Count
I feel more in control of my workspace, filing, calendar (electronic and paper based) etc	0.0% (0)	0.0% (0)	6.5% (2)	61.3% (19)	32.3% (10)	31
I feel more in control of my time whilst at work	0.0% (0)	0.0% (0)	6.5% (2)	64.5% (20)	29.0% (9)	31
	<i>answered question</i>					31
	<i>skipped question</i>					0