

wone

Stress Coach  
from  
Walking on Earth



## KEY TAKEAWAYS

# Bringing measurement to prevent employee burnout

1. **Stress is at record levels.** Data from the WONE Index has shown:
  - a. 45% of lawyers experienced prolonged stress during their last working day
  - b. 65% of lawyers feel low on energy or exhausted at the end of the working day
  - c. 53% of lawyers often feel nervous, anxious or stressed at work
  
2. **AI and consumer health tracking** finally make it possible to treat stress:
  - a. WONE is building a knowledge graph to predict and prevent burnout, capturing data points across stressors, relievers, and contextual data
  - b. 80% of lawyers don't know the signs to look out for that indicate they are reaching their limit in terms of stress within their role
  - c. 71% would like to increase their resilience and improve their ability to cope with stressful situations
  
3. **Organisations can advance their wellbeing strategy** by starting with small steps
  - a. Begin small with assessing what data you already have
  - b. Identify what additional data points you need to assess individual and organisational health

## RESULTS

From the on-site Resilience assessment

# 67/100

average WONE index score - measure of resilience to stress

5 points higher than WONE Index baseline across WONE's database

# 47%

of respondents believe that stress negatively impacted their work in the last two weeks



# ABOUT WALKING ON EARTH

## Loved by the best, backed by the best

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