

THE FLOURISH MOVEMENT

Research Results

These results have been found to be statistically significant by Deakin University.

Program Understanding the world of School Principals and helping them
Purpose Flourish professionally, physically and mentally.

The principals have completely transformed the way they work and where they spend their time.

They are more efficient.

17% reduction in time required to complete admin and compliance

They are more focused.

35% decrease in the number of overall interruptions they experience

46% decrease in interruptions from emails

35% reduction in interruptions from phone

25% reduction in switch tasking



As a result they are getting to the things that make the school better and get better student outcomes.

31% increase in the amount of time spent on people development

56% increase in the amount of time spent coaching their staff

50% increase in time spent on strategy

38% increase in the amount of time spent on doing research



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They are spending more quality time with their family.

22% increase in work-life balance

91% increase in boundary strength (not letting work affect family)

Belief that “My personal time is my own” increased by 47%

They are looking after themselves more.

Recovery behaviours (things that help them be more refreshed and less stressed) increased by 32% at work and by 18% outside of work

Best of all they are a better version of themselves which means a happier and more functional school.

Pressure felt at work reduced by 18%

How much they enjoy their job improved by 12%

Stress levels declined by 20%

Much more content with their life their rating of “My life is ideal” increased by 15%

Hope for the future increased by 11%

Optimistic mindset increase by 10%

Resilience increased by 11%

Finally they perceived that the culture of the school had improved.

9% increase in how supportive they felt the culture of their school was

