

Executives Surveyed: 27

## Well-Being

### PERFORMANCE OUTLOOK Opportunity

Just one third of leaders surveyed are struggling with their well-being. 100% are optimistic about the future and aspire to improve their well-being.

## Leadership Skills

### PERFORMANCE OUTLOOK Proactive Intervention Needed

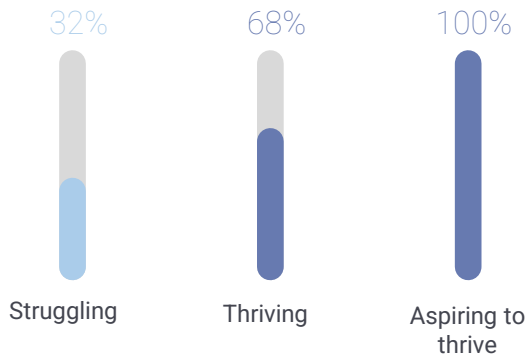
Fewer than half of leaders surveyed have critical skills needed for self-regulation. This has measurable negative impact on leadership performance.

## Burnout

### PERFORMANCE OUTLOOK Proactive Intervention Needed

A third of leaders surveyed are at a risk for burnout at a level that is predictive of negative work outcomes.

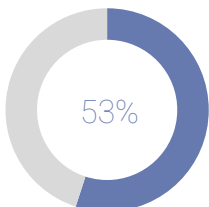
32% of executives are currently at risk of struggling



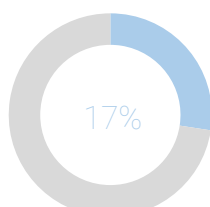
### Well-Being Opportunity

Momentum Growth Group executives rated their current and future life satisfaction on a scale from 0 (worst) to 10 (best). Answers were evaluated with Gallup's Life Evaluation Index:

- **Thriving:** Scoring your current life at 7+ and future life 8+.
- **Struggling:** Scoring current life between 5-6 and/or future life between 5-8.
- **Suffering:** Scoring current life or future life at a 4 or lower.



of executives feel they are unable to manage their emotions by controlling aspects of a situation

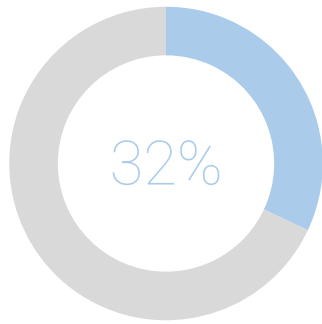


feel like they can't manage emotions by changing aspects of their situation

### Leadership Skills Proactive Intervention Needed

55% of leaders surveyed lack at least 1 key skill for self regulation, a key predictor of leadership performance. This means:

- They may make poor social judgments
- They may struggle to handle feedback
- They may have trouble navigating ethical and high-stakes situations

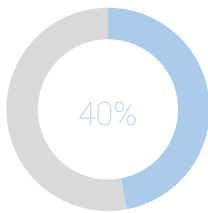


32% of your leaders very frequently or always feel burnt out

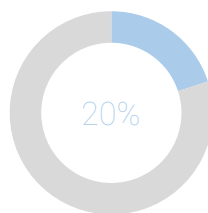
## Burnout Proactive Intervention Needed

**One third of leaders surveyed are at risk of burnout.** Employees who say they very often or always experience burnout at work are:

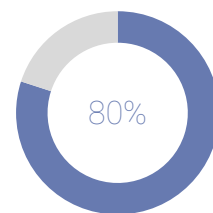
- 63% more likely to take a sick day
- 23% more likely to visit the emergency room
- 2.6 times as likely to leave their current employer
- 13% less confident in their performance



40% aren't consistently getting 7+ hours of sleep



20% feel like they don't have enough time for friends and family



80% feel like they don't start/stop working at a reasonable time

Identifying risks of burnout can help prevent turnover and other impacts on your company's bottom line. Some estimates suggest that **replacing an executive can cost up to 4x of their salary** when considering both the hard and soft costs of key person turnover.

## Ready to Benefit from Our Best-in-Class Insights?

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For details, reach out to ExecuThrive CEO Sara Martin at [sara.martin@joinexecuthrive.com](mailto:sara.martin@joinexecuthrive.com)