JEDI Program: All-Time Review

Prepared: September 2024

BetterUp®

Stanford MEDICINE

By the numbers

JEDI members have historically engaged at exceptionally high coaching rates

Member Engagement

95

Members participated in coaching

[Above Average]

2,264

Coaching sessions completed. Average 23 total completed sessions per member

[Way Above Average]

4.1

Monthly sessions per member

Member Satisfaction

99% sessions reported as a valuable use of time (323 responses)

97% sessions generated a valuable insight (349 responses)

93% sessions made participants more effective at work (220 responses)

4/5 of sessions rated as “Life Changing” or “Amazing” (909 responses)

Member data as of September 3rd | Satisfaction data from 924 post-session rating events from 84 unique members.

Member Learning

Well-Being is the primary focus area, with Career Development closely following

Top Member Motivations

44%	29%	22%	6%
Well-Being	**Career Development**	**Communication**	**Influence**

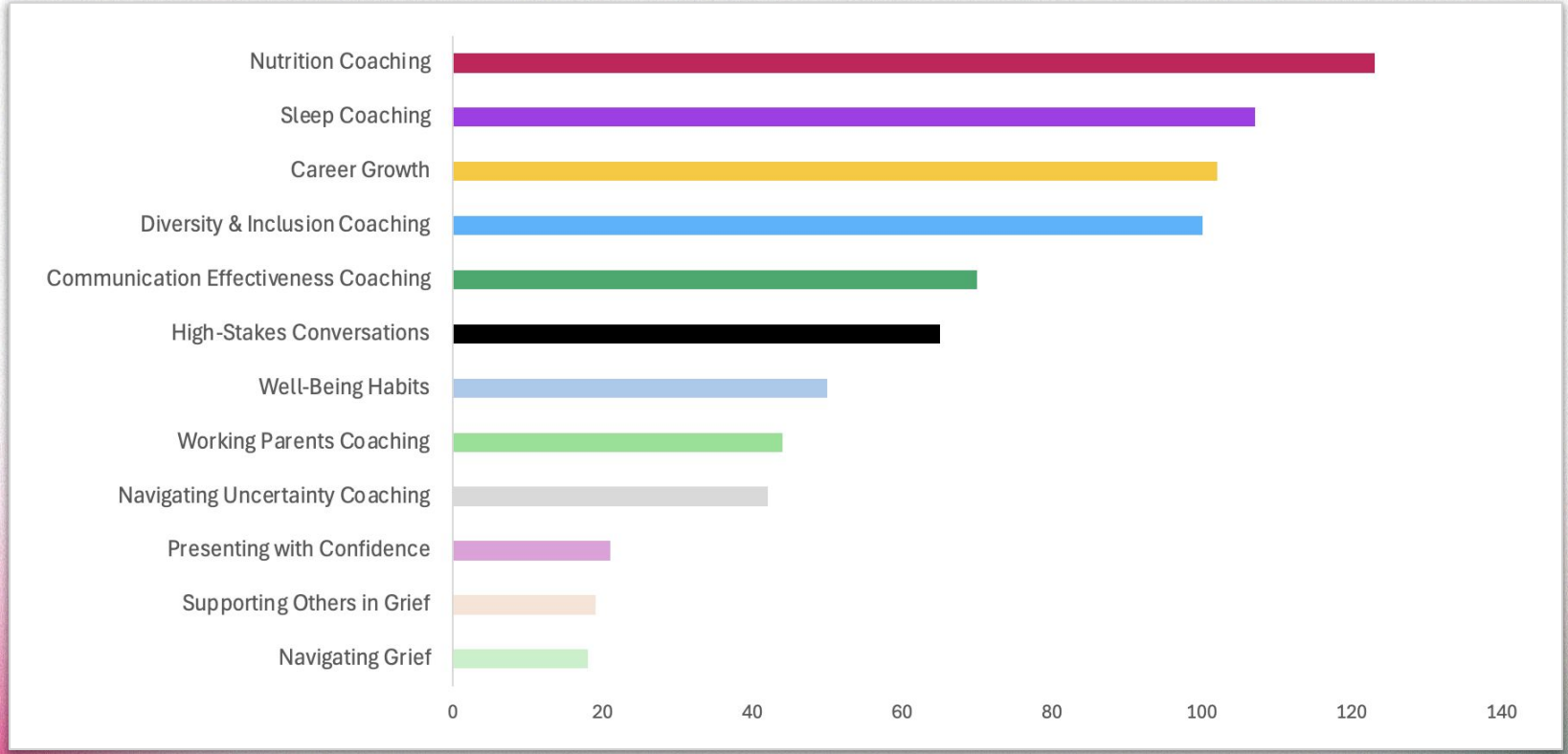
Popular Session Topics

32%	23%	17%	11%
Well-Being	**Career Development**	**Communication**	**Influence**
Stress management & self-care Balancing work and life	Career Planning Career Advancement / Getting Promoted	Communication and collaboration Giving and receiving feedback Managing difficult conversations and conflict	Influence and Assertiveness Increasing visibility and personal brand Communicating with leaders / managing up

Source: Stanford JEDI engagement data

Specialist Usage

Sleep & Nutrition are the top utilized Specialists

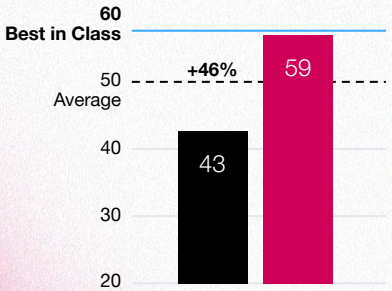


Source: Stanford JEDI engagement data

Areas of Greatest Growth

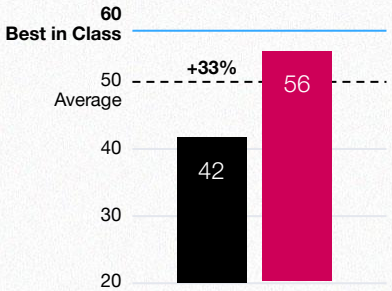
Cognitive Agility

Reflects the extent to which we adapt and shift our thought processes when beneficial. Learning to make plans while allowing for flexibility is an important skill for mental well-being and productivity.



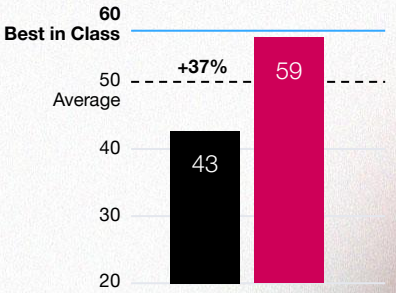
Coaching

Increased coaching culture leads to greater team psychological safety, feedback, and honest conversations that lead to greater innovation and performance.



Strategic Planning

The extent to which we pragmatically think through ways to achieve our future goals. By envisioning desired future states and figuring out how to turn those desires into reality, we are able to enhance personal meaning and motivation.



Baseline Progress with BetterUp

Source: Stanford JEDI baseline and reflection point WPM data