

THE THESIS

Wellness drives leadership. Leadership drives results.

Arevita 360 measures the through-line.

Most leadership development programs measure outcomes — engagement, retention, performance reviews — without measuring the leader’s whole-self state that drives them. Arevita 360 is the first executive assessment to measure both: the eight evidence-based dimensions of a leader’s wellness, and the leadership behaviors and outcomes that flow from them. The result is a precise, evidence-grounded instrument that explains why your engagement, productivity, retention and revenue numbers look the way they do.

WHAT IT MEASURES

Eight evidence-based pillars. One whole leader.

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| <div>PHYSICAL</div> <div>Energy, sleep, movement, recovery — the foundation of daily executive performance.</div> | <div>MENTAL</div> <div>Focus, decision quality, strategic thinking, creativity, cognitive load management.</div>     | <div>SPIRITUAL</div> <div>Meaning, values, purpose — the through-line that prevents burnout.</div>                  | <div>EMOTIONAL</div> <div>Self and social awareness, regulation, gratitude, psychological flexibility.</div>                     |
| <div>SOCIAL</div> <div>Close-relationship quality, active listening, supportive ties, community.</div>            | <div>ENVIRONMENTAL</div> <div>The home, office, and travel spaces that amplify or undermine the other pillars.</div> | <div>LEADER BEHAVIORS</div> <div>Psychological safety, feedback, delegation, mentoring, repair after rupture.</div> | <div>LEADERSHIP IMPACT</div> <div>Presence under pressure, decision quality, values-driven leadership, growth orientation.</div> |

Built from 120+ peer-reviewed studies · 136 core items · ~25 minutes to complete · 20% reverse-coded for bias control  
*Drawing from Edmondson, Gallup, Harvard Adult Development, Walker, Kahneman, Drucker, McKinsey, Goleman, Brown, Heskett, Hölzel, Csikszentmihályi, Amabile, Sonnentag, Newport, and 80+ other named researchers.*

THE BUSINESS CASE

Leader wellness is not a soft input. It is one of the most durable financial signals in modern research.

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| <div>21%</div> <div>Higher profitability in business units with top-half engagement scores</div> <div>GALLUP Q12 META-ANALYSIS</div> | <div>3.5%</div> <div>Annual stock alpha of the 100 Best Companies to Work For, sustained 28 yrs</div> <div>EDMANS · JFE / MGMT SCIENCE</div> | <div>\$4.70</div> <div>Returned per \$1 invested in workplace mental health (\$6.30 for prevention)</div> <div>DELOITTE UK · 2024</div> | <div>\$5.7M</div> <div>Per-office revenue spread between top- and bottom-decile leaders</div> <div>ZENGER FOLKMAN · 360° RESEARCH</div> | <div>\$11.7T</div> <div>Estimated global economic value unlocked by healthier workforces</div> <div>MCKINSEY HEALTH INSTITUTE &amp; WEF</div> |
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\* Deloitte figure derives from Deloitte UK’s 2024 Mental Health and Employers report. The return-per-invested ratio is currency-agnostic; presented in USD for US-audience read.

WHAT THE LEADER WALKS AWAY WITH

A measured baseline.

A precise score across all eight pillars — physical, mental, spiritual, emotional, social, environmental, leader behaviors, and leadership impact.

A bespoke 90-day action plan.

Amplify strengths, uncover areas for growth and focus on blind spots to create measurable results that impact your next quarter.

Board-ready leadership intelligence.

An evidence-grounded read on leadership metrics that shape performance, engagement, retention and revenue.