

CASE STUDY

Boosting Retention & Shifting the Culture



E: hello@innerfit.co.uk

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Nicola Hammond
(Group People Director)



Industry: Gaming & Media

Employees: 110

HQ: London

“In the space of 3 months, we designed and delivered a culture programme that reached every person in the organisation. The results speak for themselves and built buy-in at board level. ”

OBJECTIVE & SOLUTION:

Our objective: Increase retention, reduce burnout and improve productivity at Kairos.

Our solution: In-person sessions and 1-1 coaching developing tangible skills across...

C-Suite: Challenging conversations, building trust and shaping the Mental Health of Kairos.

Managers: Leading conversations on Mental Health and building cohesive, productive teams.

Team: Fundamentals of Mental Health and Inclusion.

RESULTS:

12%

Of Managers felt confident having 'difficult' conversations BEFORE the training.

100%

Of Managers felt confident having 'difficult' conversations AFTER the training.

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Eileen Wood
(People Manager)

“Innerfit are an extension of the People team. They’ve been a massive part of shifting our culture and helping us reach the next level”

RESULTS:

100%

Of Managers left with practical skills to build trust.

100%

Of Managers will have better conversations with their teammates.

100%

Of Managers felt confident giving effective feedback after the training

94%

Of Managers said the training will help them boost team productivity

CASE STUDY

Creating a More Inclusive Place to Work



Nicola Hammond
(Group People Director)



“The ED&I mini-series has gone beyond our wildest dreams. It’s started conversations across the group and engagement was fantastic”

RESULTS:

100%

of attendees agreed the ED&I mini-series had a positive impact on the Kairos culture

88%

said that (after the training) they feel more confident challenging stereotypes within the workplace

100%

Agreed they’ve picked up practical tools to help work together in a neurodiverse organisation

95%

Agreed, they now know more about indirect & direct racism