



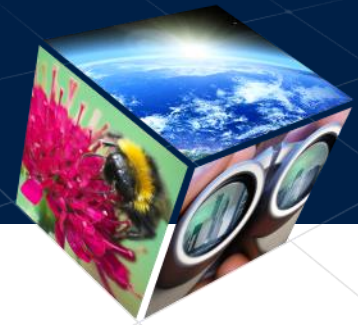
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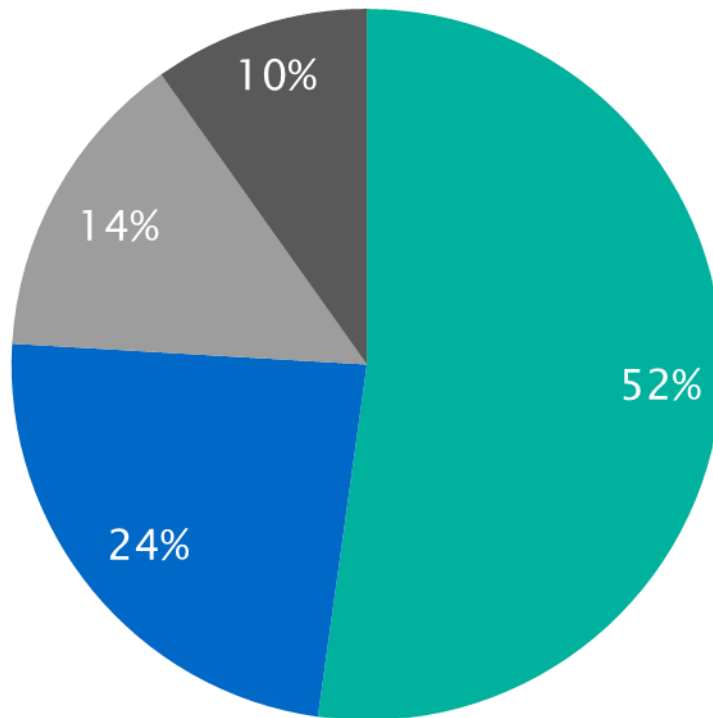


Lonely at the top
FTSE 350 Director Survey

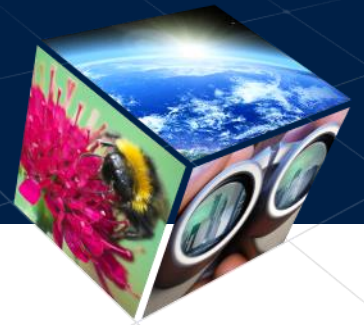
Methodology



■ We interviewed 295 respondents who sit on the Boards of FTSE350 companies from 29th October to 8th November 2015. They fit the following profile...



- Non-Executive Director
- Chairman
- Executive Director
- Chief Executive Officer



THE SURVEY RESULTS

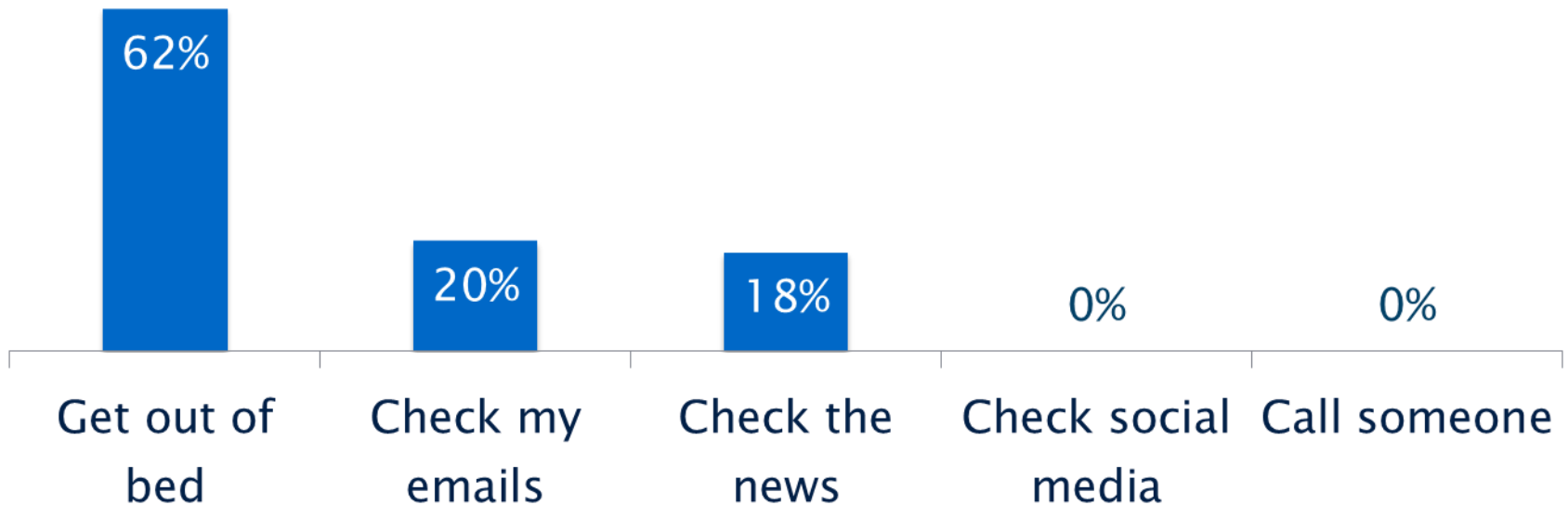


The average FTSE350 Director wakes up on a normal working day at



06:30

And a fifth instantly check their emails...



Q4. What time do you typically wake up each working day?; Q5. What is the first work thing you do after you wake up?



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The average FTSE350 Director stops working at...

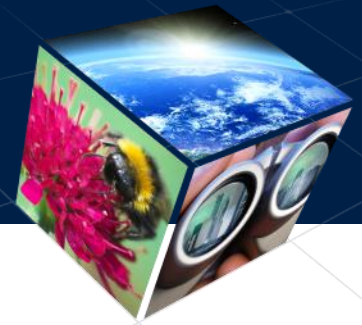


19:20

Around 13 hours after the working day
began

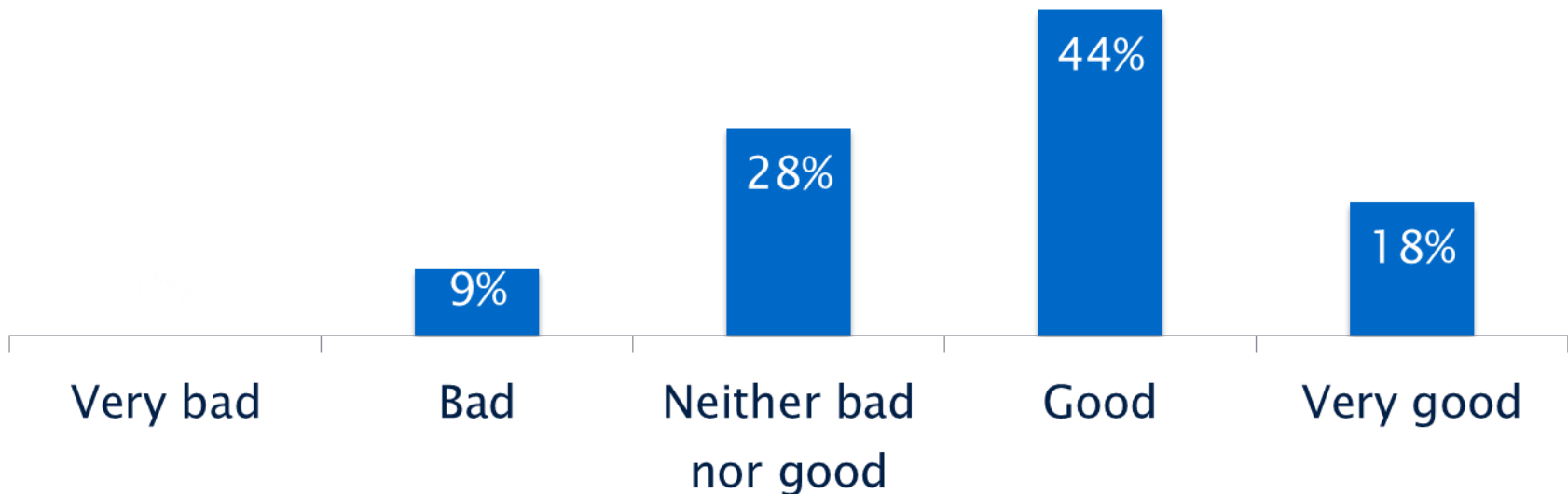
Q6. What time do you typically finally stop work?

The average FTSE350 Director sleeps for ...



7 hours

But over a third wouldn't rate their sleep as good

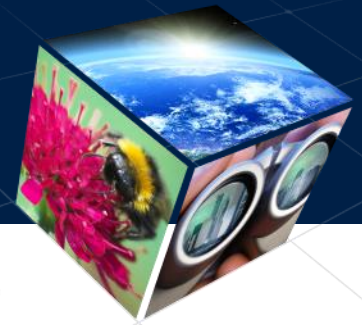


Q7. On average, how many hours do you sleep each night?; Q8. How would you rate the quality of your sleep?

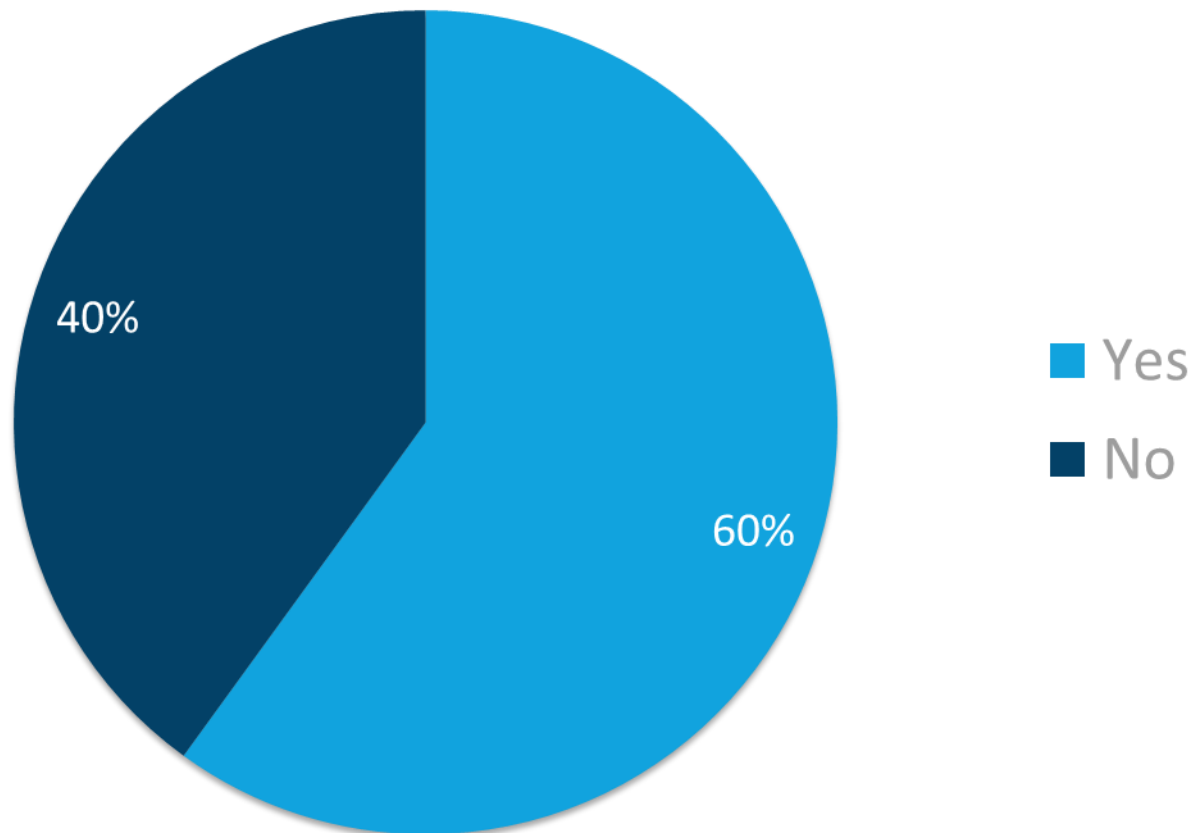


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Poor quality of sleep may be because six in 10 FTSE350 Directors are “always connected” even in the bedroom*



Do you keep your phone, tablet or laptop in your bedroom?



* Check out: <http://www.techinsider.io/smartphone-impact-brain-body-sleep-2015-2>
Q9. Do you keep your phone, tablet or laptop in your bedroom?

FTSE350 Directors are positive about their role – they feel motivated, confident and successful but a third would admit feeling pressured or lonely



Which of these apply to you in your role at work?



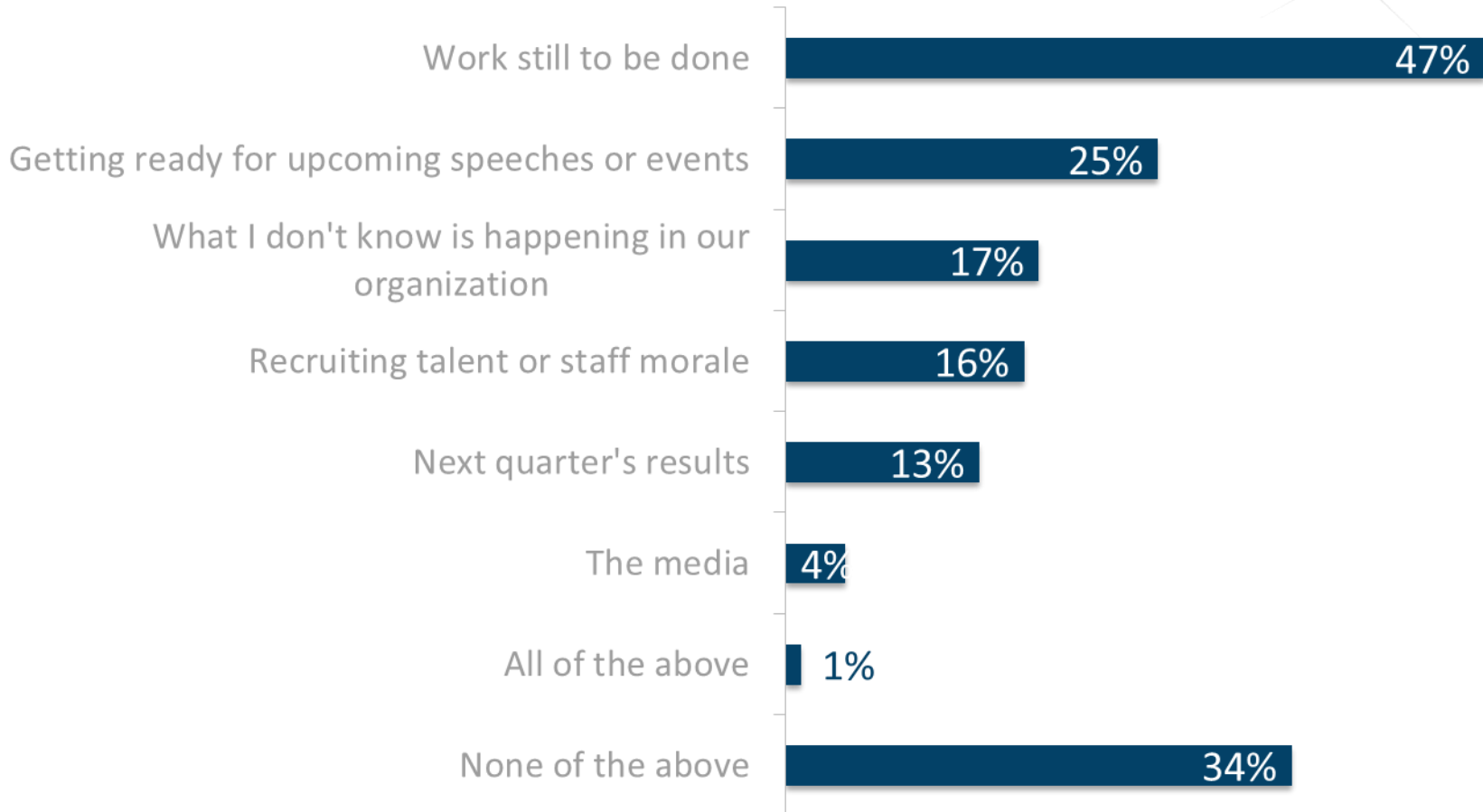
Q10. Please review the list of words below and, specifically thinking about **you and your role at work**, select those that apply to you:



Unfinished work and speeches are the biggest bugbears



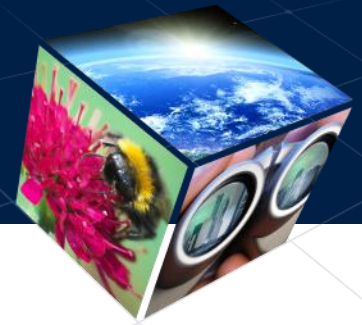
Which of these worry you at nights or weekends?



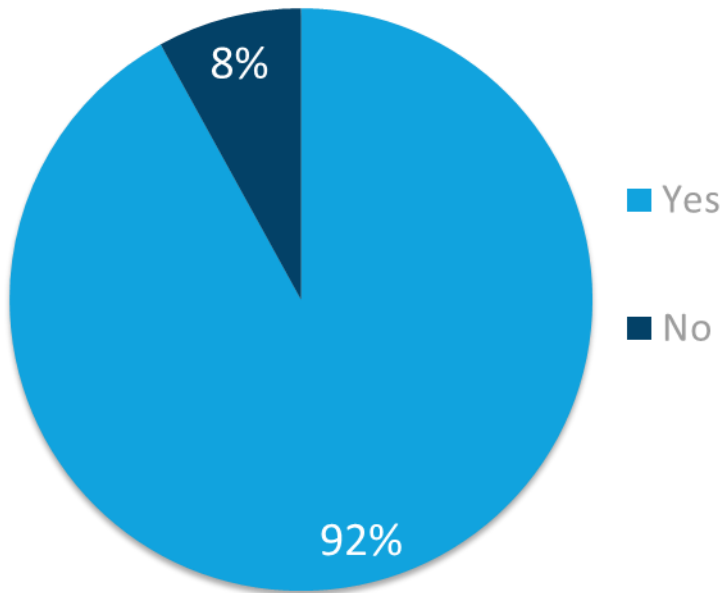
Q11. Which of the following tend to worry you at nights or weekends? Select any that apply.



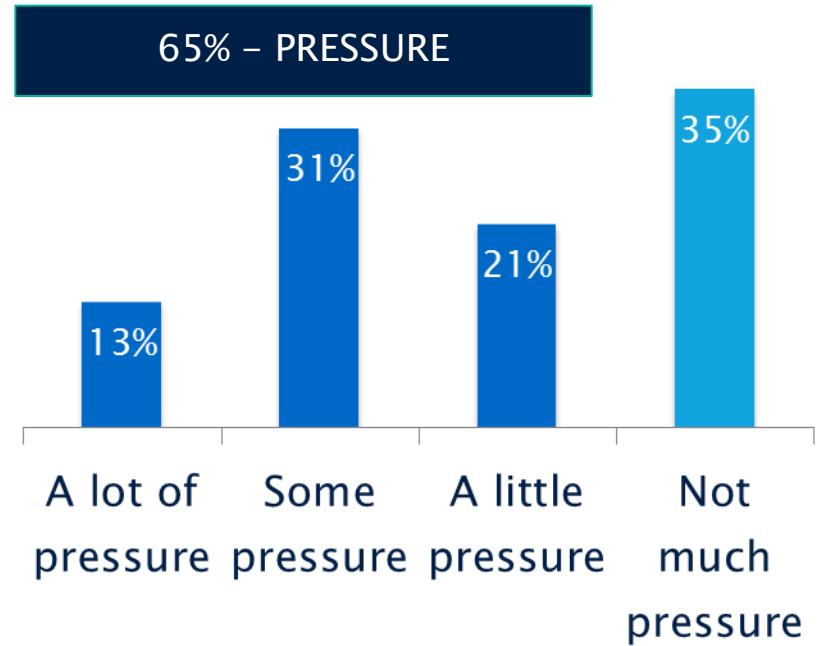
Weekends are not a break: two-thirds of FTSE350 Directors feel pressured to work weekends and nearly all reply to emails



Do you reply to work emails or messages at weekends?



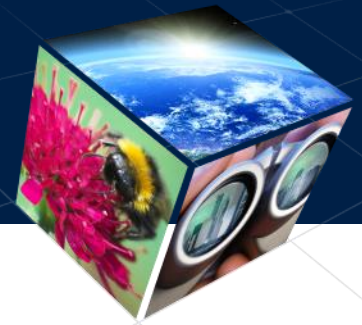
How much pressure do you feel to work weekends?



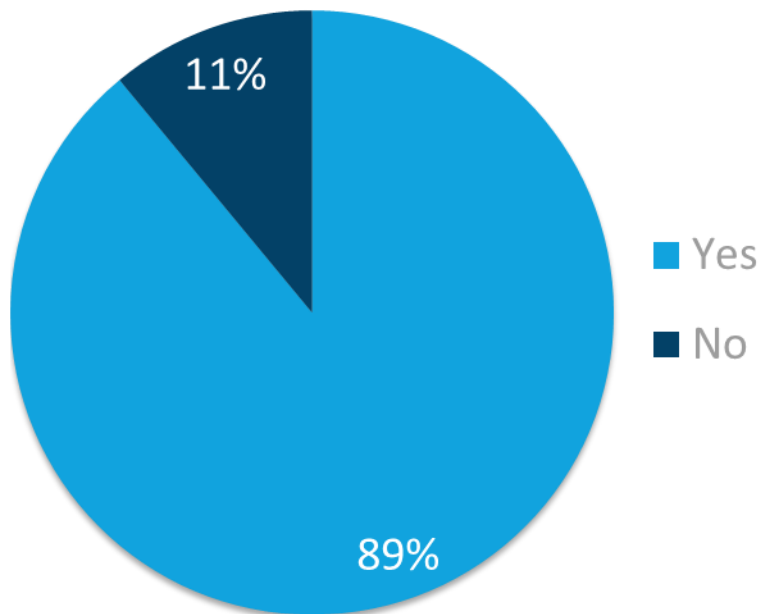
Q2. Do you reply to work emails or messages at weekends?; Q3. How much pressure do you feel to work on weekends?



One in ten say their current workload is unsustainable, and among those four in five say they won't last more than 2 years at their current pace

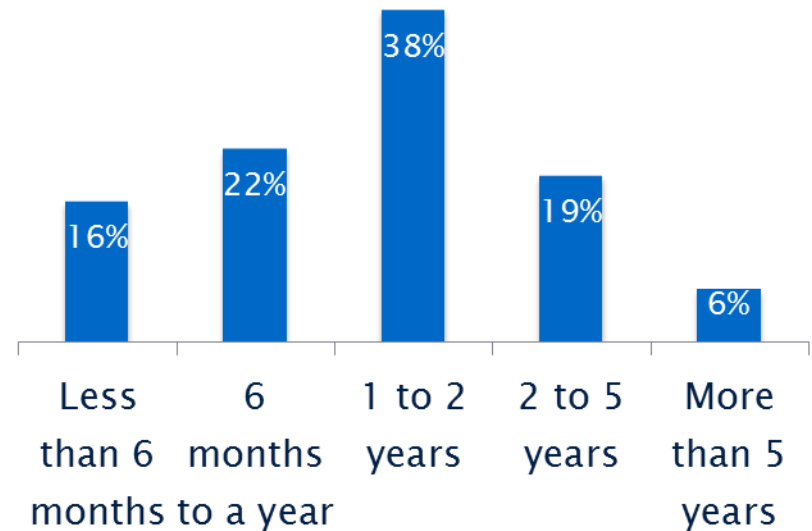


Is your current workload sustainable?



How long can you perform at your best at your current workload?

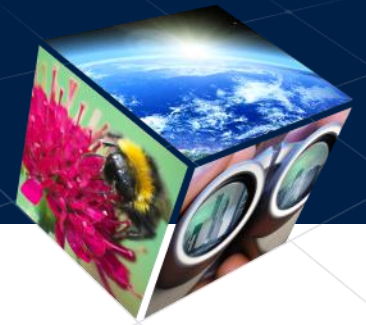
(among those who say current workload is unsustainable)



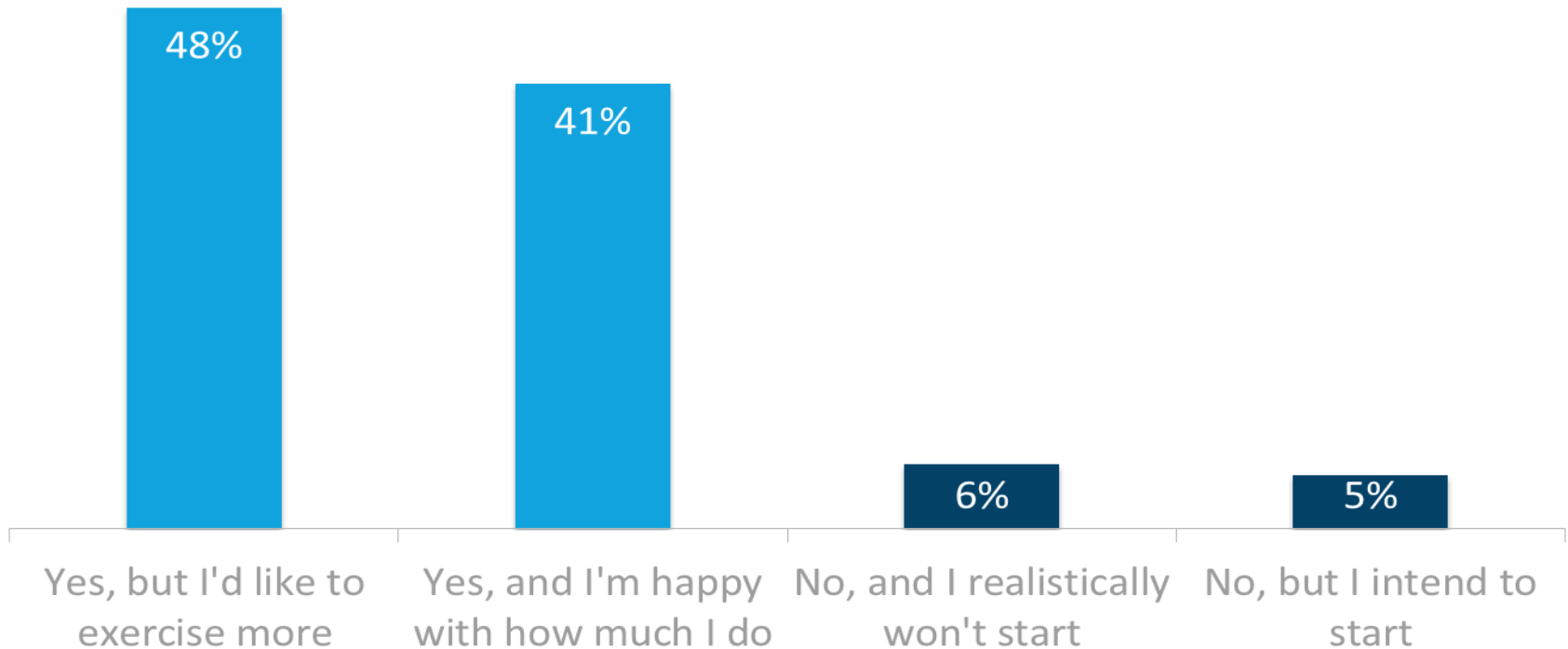
Q12. Do you think your current workload/pace is sustainable?; Q13. How long do you think you can perform at your best at your current workload/pace?



It's not as sedentary lifestyle as one might imagine
– nine in ten FTSE350 Directors exercise (though half
want to do it more)



Do you exercise regularly?



Q14. Do you exercise regularly (at least once a week)?

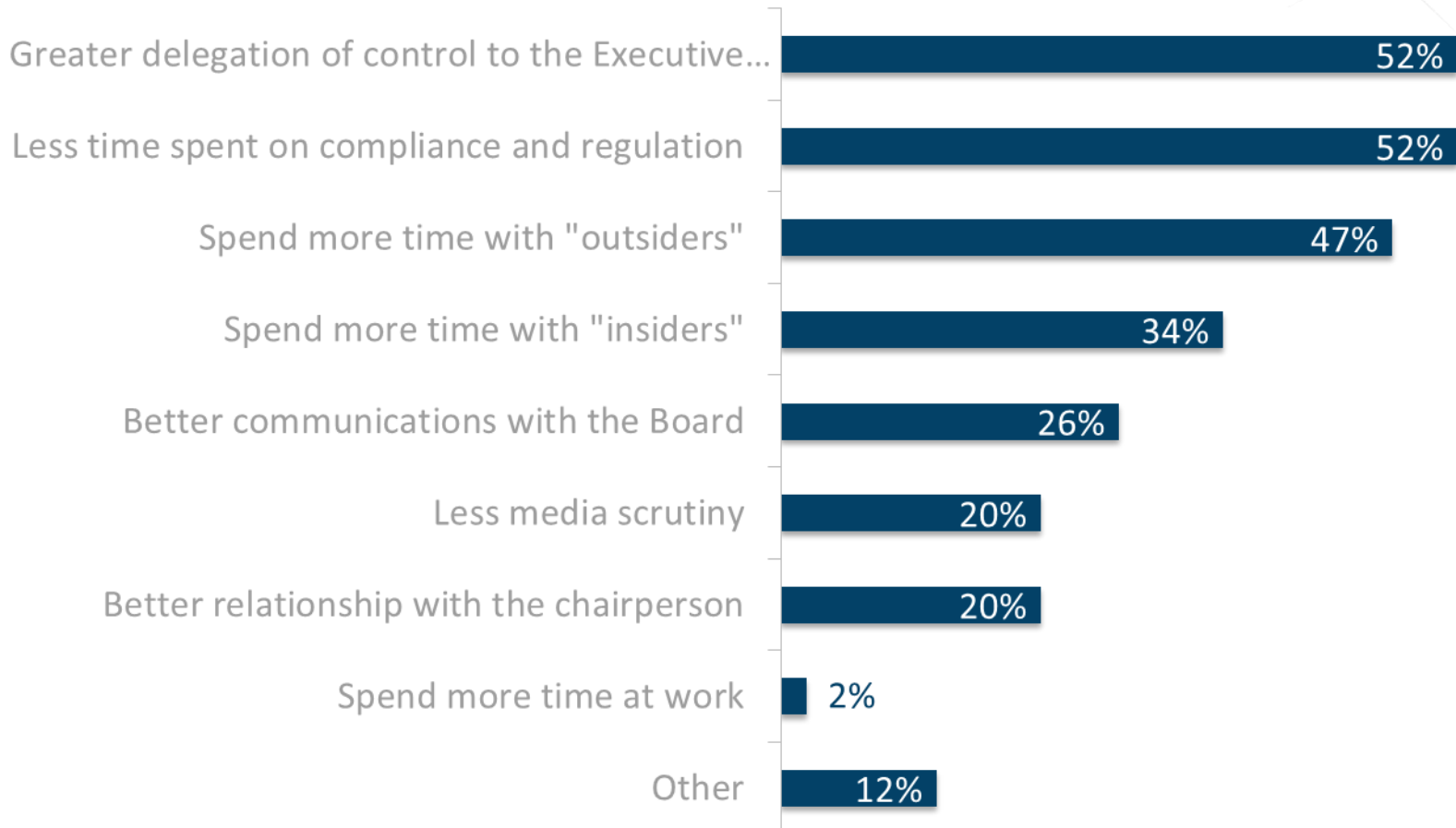


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CEO effectiveness depends on ability to delegate and avoiding spending time on compliance and regulation



What would help CEOs to be more effective?



Q15. Finally, from the list below, what do you believe would help CEOs to be more effective in their role? (Choose any that apply)

