loyee Data Analysis using Excel

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PROJECT TITLE

Employee Performance Analysis using Excel

AGENDA

1. Problem Statement
2. Project Overview
3. End Users
4. Our Solution and Proposition
5. Dataset Description
6. Modelling Approach
7. Results and Discussion
8. Conclusion

PROBLEM STATEMENT

Despite the known benefits of regular physical activity, many employees do not engage in sufficient exercise due to time constraints, lack of motivation, and limited access to fitness resources. This lack of physical activity contributes to increased absenteeism, reduced work performance, and higher healthcare costs for the organization.

PROJECT OVERVIEW

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  A fitness program involves setting clear goals, planning balanced workouts, maintaining proper nutrition, and ensuring adequate rest and recovery. The program typically includes:- ***Cardio (3-5 times/week):*** Running, cycling, or HIIT for 20-60 minutes.- ***Strength Training (2-4 times/week):*** Focus on major muscle groups with compound exercises.- ***Flexibility/Mobility (Daily):*** Stretching, yoga, or foam rolling.- ***Core Workouts (2-3 times/week):*** Planks, twists, and leg raises.Consistency, tracking progress, and possibly consulting a professional are key to success. Adjust the program based on progress and personal needs.

WHO ARE THE END USERS?

- Office workers
- Field workers
- Remote workers
- Managers and Supervisors
- HR Department
- Corporate Health Advisors
- Executives and Leadership Teams

OUR SOLUTION AND ITS VALUE PROPOSITION

Summary Solution:The fitness program offers a comprehensive approach to improving employee health by providing accessible, engaging, and tailored fitness resources.

Value Proposition:The fitness program enhances employee well-being by promoting regular physical activity, which leads to improved health metrics, reduced stress, and higher energy levels.

Dataset Description

This dataset covers about the fitness program for employee arranged by company. It consists of weights, chest, waist, hips, forearm of the employees. They also estimated the employees who have lean body and how much body fat they have. They also have estimated the percentage of body fat.

THE "WOW" IN OUR SOLUTION

- Personalisation at scale
- Integrated wellness ecosystem
- Gamification and rewards
- Seamless accessibility
- Visible leadership support

MODELLING

- Defining objectives
- User Segmentation
- Program design
- Personalization
- Delivery channels
- Incentives and engagement
- Monitoring and feedback

RESULTS

- Improved employee health
- Increased engagement
- Enhanced productivity
- Reduced absenteeism
- Positive workplace culture
- Lower healthcare costs
- Employee retention and satisfaction

conclusion

The fitness program has successfully achieved its objectives by significantly enhancing employee health, engagement, and productivity. Through personalized and accessible offerings, it has fostered a positive workplace culture centered around wellness. The program's impact is evident in reduced absenteeism, lower healthcare costs, and improved employee satisfaction. Overall, the initiative has proven to be a valuable investment, contributing to both the well-being of employees and the long-term success of the organization.