

Day 90 Cohort Summary

Northgate Industrial Services Ltd | Cohort NIS-01 | Reporting period 14 April 2026 to 13 July 2026

Illustrative example. Every figure below is fictitious and exists to show the format of the report, not to indicate expected results. PRC does not publish performance claims ahead of independent cohort data.

248	71%	+1.8
SEATS OCCUPIED	COMPLETED DAY 90	MEAN INDEX MOVEMENT

Participation

MEASURE	FIGURE	NOTE
Seats licensed	250	Site-wide, no seat cap
Seats occupied	248	Employee-initiated, no allocation by employer
Reached Day 30 checkpoint	203	82% of occupied seats
Reached Day 60 checkpoint	184	74% of occupied seats
Completed Day 90	176	71% of occupied seats
Individuals identified to employer	0	Structural. No names exist in the employer record.

PRC Index movement, all seven measures

Self-reported, 1 to 10, captured at Days 1, 30, 60 and 90. Cohort means across completing participants. The Index is a self-report instrument and is not independently validated.

MEASURE	DAY 1	DAY 30	DAY 60	DAY 90	CHANGE
Output quality	5.8	6.3	7.1	7.6	+1.8
Decision confidence	5.4	6.0	6.9	7.4	+2.0
Focus and concentration	5.1	5.9	6.8	7.2	+2.1
Presence in meetings	6.0	6.4	7.0	7.5	+1.5
Energy management	4.9	5.5	6.4	6.9	+2.0
Recovery between demands	4.7	5.2	6.1	6.5	+1.8
Perceived operational capacity	5.6	6.1	6.8	7.2	+1.6
Cohort mean	5.4	5.9	6.7	7.2	+1.8

Small groups are suppressed. Where any reporting segment contains fewer than 10 completing participants, that segment is withheld and rolled into the cohort total.

Indicative financial position

LINE	BASIS	AMOUNT
Annual licence, 250 employees	Standard pricing, published rate card	9,750

LINE	BASIS	AMOUNT
Cost per occupied seat	Licence divided by 248 seats	39
Cost per completing participant	Licence divided by 176 completions	55
Illustrative output recovered	Modelled, not measured. See note below.	see note

Note on financial modelling. PRC does not convert Index movement into a claimed financial return. Any return figure an organisation wishes to model should use its own salary bands and its own assumptions about capacity. The reference calculation used publicly by PRC, one employee on 70,000 operating at 70% capacity for six months representing roughly 10,500 in lost output, is illustrative and is not a measured outcome of this or any cohort.

Cost comparison against existing provision

PROVISION	COST PER EMPLOYEE	REACHED	COST PER PERSON REACHED
Employee assistance programme	from 14 per year	around 12% of workforce	around 117
PRC Workforce	39 per year	248 of 250 seats occupied	39 per occupied seat

EAP cost and utilisation figures are sector averages published by the UK Employee Assistance Professionals Association. Utilisation varies materially by sector and organisation size. This comparison is offered as a reference point, not as a like-for-like performance claim, because the two provisions do different jobs for different parts of a workforce.

What this report does not contain

WITHHELD	REASON
Participant names	No name is ever attached to a seat. None exists to withhold.
Individual scores or responses	Held by the participant only, off system.
Free-text answers	Never transmitted. Written and retained privately by the participant.
Department or team breakdown	Suppressed below 10 completions to prevent identification.
Who did and did not take part	The employer cannot determine this. It is not recorded.

Reminder. This document is an illustrative template. The figures are fictitious. PRC Workforce publishes completion and aggregate movement from real cohorts only once those cohorts have completed, and states plainly that the PRC Index is a self-report instrument that has not been independently validated.