

# Fischer Case Study

## Brainomics™ Bulletin

Issue 9



### Situation

Fischer is a corporate real estate company based in Dallas, Texas, that provides a strategic, client-centered approach to portfolio and transaction management. Recognizing that strong employee performance is essential for delivering exceptional client service, Fischer continuously seeks to enhance and empower employees to perform at a high level while maintaining a work-life balance.

### What We Did

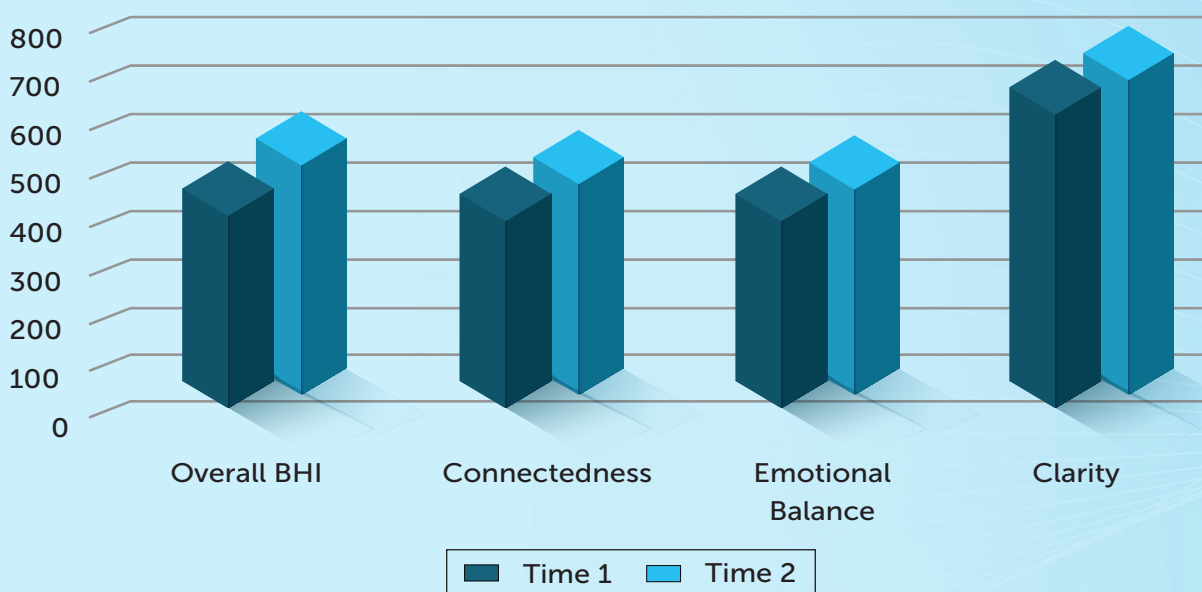
We launched a three-month BrainHealthy Workplace™ engagement with 18 Fischer team members. Participants took part in a two-day Strategic Memory Advanced Reasoning Tactics (SMART™) brain training workshop led by experienced BrainHealth facilitators. Additionally, access to online training modules and two subsequent group coaching sessions fostered the ongoing adoption of strategies learned.

### Measuring Progress

Each participant completed a BrainHealth Index (BHI) to measure changes in brain fitness/performance, at the beginning and at the conclusion of the 3-month engagement. The BHI is an individualized, performance-based composite score derived from more than 20 established assessments that explore cognitive capacity, sense of well-being, quality of social interactions and complexity of daily routines. Taken periodically, it reveals how brain fitness and function can change and get stronger over time.

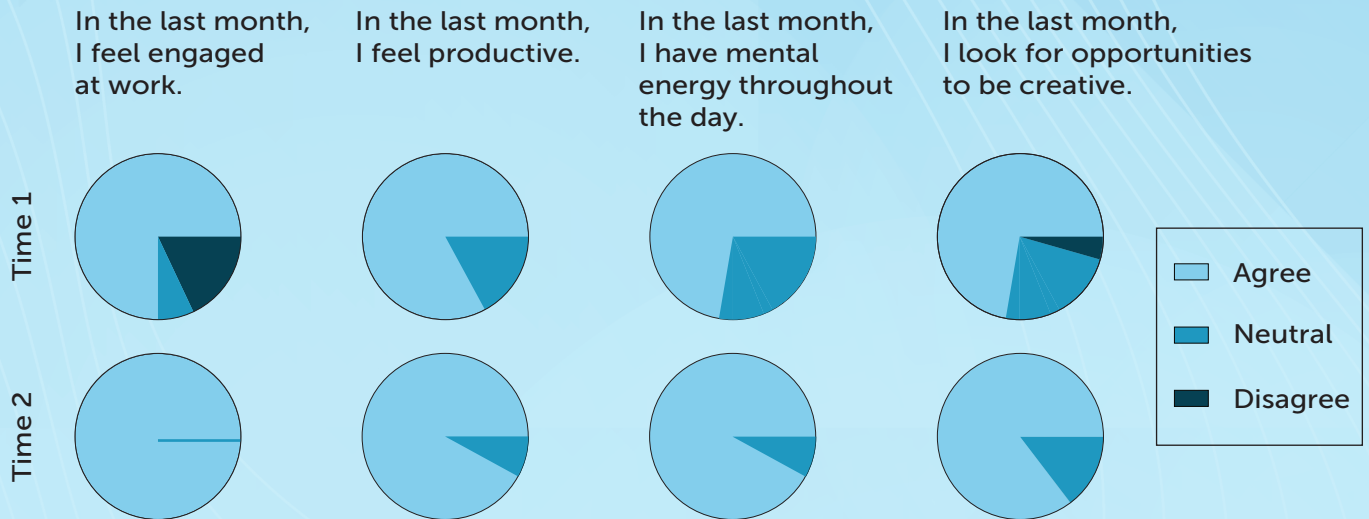
As a team, the participants demonstrated measurable overall improvement in the BHI, and in each individual factor score.

BrainHealth Index Results (aggregate)



Further, the participants completed surveys at the start of the engagement period, and again 8 months later. The results underscore that the improvements were sustained well beyond the end of the engagement.

## BrainHealthy Workplace Pulse Survey Results



## What We've Learned

Fischer was already performing very well prior to the engagement, and participants learned valuable skills that contributed to further improvements. While it is a small sample size, these results illustrate a core principle of the Center for BrainHealth: even a well-functioning brain has significant upward potential.



Our BrainHealthy Workplace training not only improved our engagement, lowered distractions, and gave the team more energy at the end of the day, it also inspired us to be more creative. One of my takeaways in observing the team was the professional growth I saw in each of the staff members.

Ted Uzelac, President



Just as importantly as Ted's positive feedback, Fischer continues to embrace brain health through ongoing collaboration with us. An organizational leader that initiates a commitment to brain health is the best evidence that our approach is delivering value.

## What's Ahead

The Fischer participants are advocates for brain health strategies within their teams, promoting the benefits of improved cognitive performance and brain boosting techniques across the organization. These initial gains have planted the seeds of change for ongoing focus on a brain-healthy workplace culture at Fischer. With measurable improvements in brain health translating into enhanced business outcomes such as increased productivity, Fischer is well-positioned to consider further integrating brain health strategies into its long-term vision, reinforcing its leadership in innovative corporate practices.