

Basis: two-stage average at unit level (one person, one vote); person and session levels keep their own level. Each group has its own anonymity threshold (3 people for charts). Every chart uses the same four controls: who, what, range and how to compare.

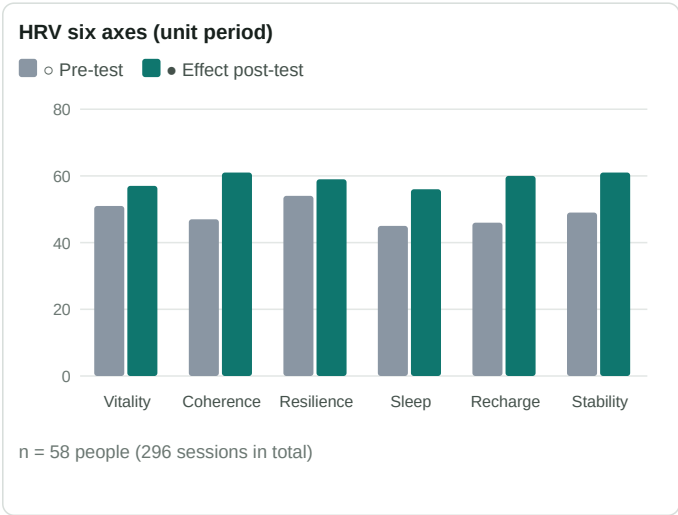
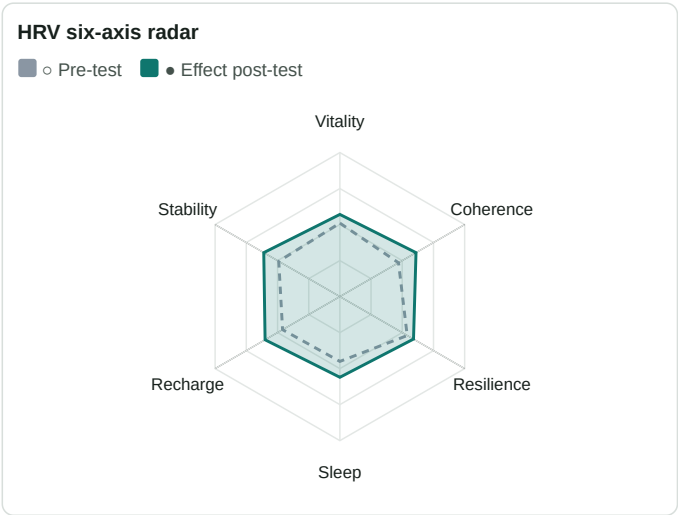
Start from a question

- Which department improved most?
- Do frequent attendees change more?
- Is there a difference before and after rollout (or between halves of the year)?
- Which healing journey works best?
- Which time slot is most relaxing?
- One colleague's long-term change? (per-person permission required; not shown)

A Pre/Post Difference

Which axes changed from pre to post

58 people | 296 sessions | Data coverage 91% | One-person-one-vote average | Q3 2026



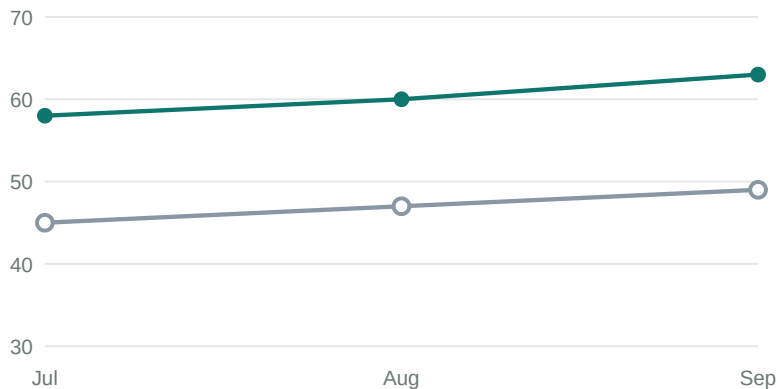
B Cross-Session Trend

Long-term direction of pre-test, post-test and per-session change

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Coherence (monthly)

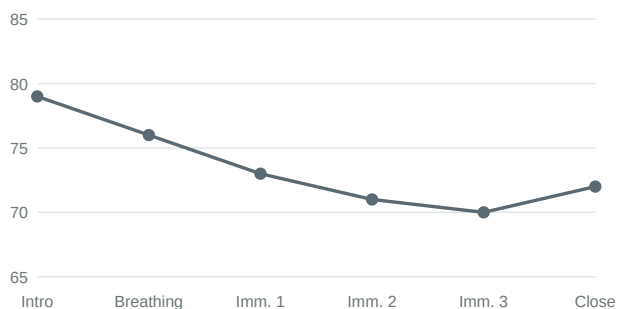
○ Pre-test ● Effect post-test



C In-Session Course

How each stage changes within one healing journey

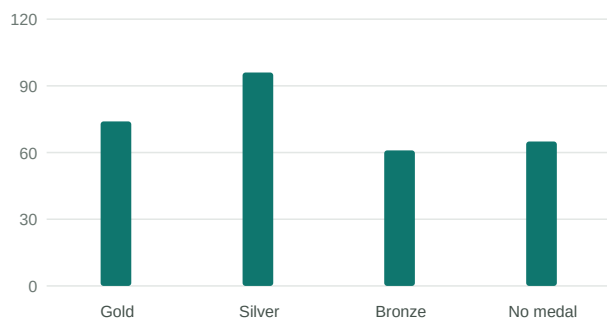
Heart rate (average per monitoring interval)



D Achievement Performance

How engagement and skill performance are distributed

Medal distribution (sessions)



Reflects engagement and participation, not physiological effect.

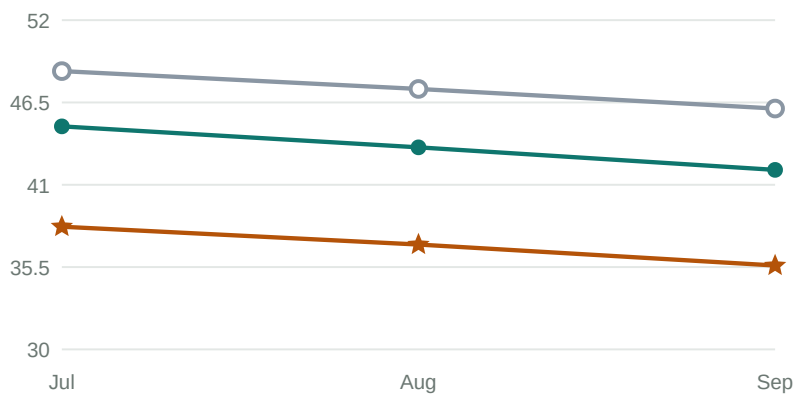
E Autonomic Age Trend

Long-term trend of pre-test, effect post-test and best-in-session

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Parasympathetic regulation equivalent age (monthly)

○ Pre-test ● Effect post-test ★ Best in session

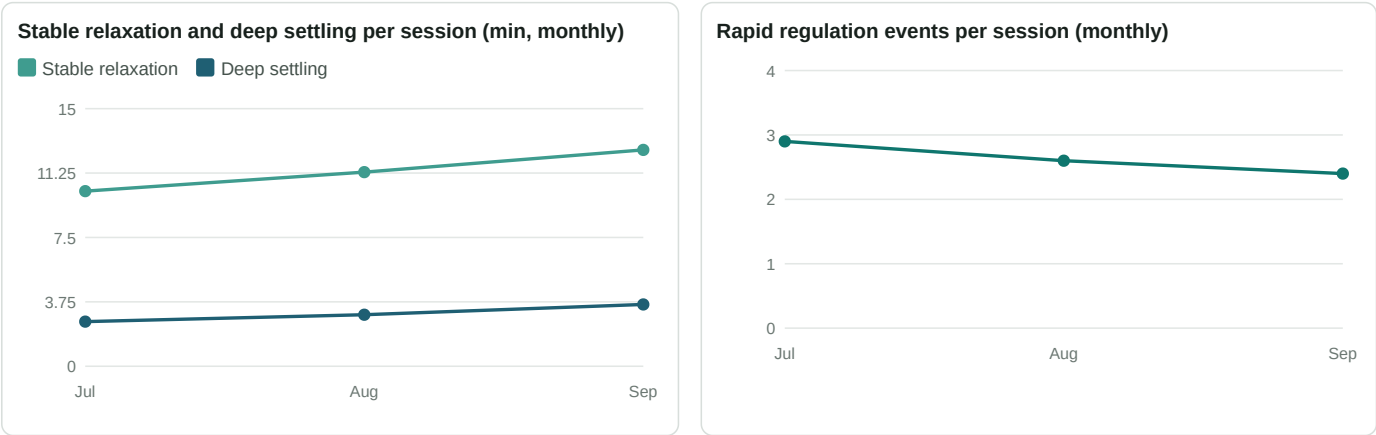


★ Best in session shows a level only and is never subtracted from the pre-test.

F Healing Journey Stage Trend

Long-term trend of stable relaxation, deep settling and rapid regulation

58 people | 296 sessions | Data coverage 91% | One-person-one-vote average | Q3 2026



G Group Comparison

Differences across departments, healing journeys, attendance, time slots and devices

Group by: department | Metric: parasympathetic regulation equivalent age (pre-test → effect post-test) | Q3 2026

Department	People	Parasympathetic regulation equivalent age change (mean)	95% CI	Effect size d	Reading	
R&D	17	−4.8 yrs	−7.1 to −2.5	0.62	Improved, moderate size	
Manufacturing	19	−3.9 yrs	−6.0 to −1.8	0.51	Improved, moderate size	
Sales	9	−4.4 yrs	−7.9 to −0.9	0.55	Improved; few people, wide interval	
Administration	8	−2.1 yrs	−5.2 to +1.0	0.27	Interval includes zero; direction cannot be determined	
IT	4	−3.0 yrs	−8.6 to +2.6	0.33	Few people; interval includes zero	
Quality Assurance	Below disclosure threshold		—	—	—	—

The difference between R&D and Administration is −2.7 years (95% CI −6.6 to +1.2). The difference between the two groups is within the margin of error, so no difference can be established.

The more groups, the more likely a difference appears by chance. This comparison has 5 groups (more than 4). Readings are generated by rules, not AI. Age bands and sex are not used for grouping: sessions only store pseudonyms, and linking back to accounts would break anonymity.

H Period Comparison

Difference between two periods

Metric	Period A: 2026-07-01 to 08-15	Period B: 2026-08-16 to 09-30	Difference (B – A)	95% CI	Effect size d
Parasympathetic regulation equivalent age change	–3.6 yrs (41 people)	–4.5 yrs (47 people)	–0.9 yrs	–2.8 to +1.0	0.18
Stable relaxation per session	10.5 min	12.2 min	+1.7 min	+0.2 to +3.2	0.41
Valid pre/post-test share	81%	86%	+5%	—	—

Stable relaxation per session was 1.7 minutes longer in period B than in period A (95% CI +0.2 to +3.2), a consistent direction. The difference in parasympathetic regulation equivalent age change is within the margin of error, so no difference can be established.

Research Export

De-identified per-session data (per-person viewing permission required; every export logs who, when, unit, period and number of rows)

Field	Description
pseudonym_hash	De-identified code (re-hashed on every export; cannot be linked back to an account)
played_month	Year and month of participation (no date or time)
course_code	Healing journey code
device_group	Device mix (EEG, HRV, EEG + HRV, none)
pre_* / eff_* / best_*	Each metric for the three windows (heart rate, RMSSD, SDNN, four equivalent-age axes)
atm_*	Healing journey stage state seconds, first-entry times, rapid regulation event counts

The relationship between number of sessions attended and change is descriptive only and does not mean that attending more sessions causes improvement.

The figures above are observational data from participants before and after the activity. They do not show causation and are not evidence of medical efficacy. This template uses fictional sample data and does not represent any real organization or person.