



**Q&R Pulse Check™ Plus**  
**How does it work?**



Meeting to explain how the Pulse Check™ works



Find the 'sweet-spot' for where the Pulse Check™ fits your business



Provide ballpark costs that fit your budget



Provide a proposal  
to support your  
internal agenda



Agree the  
scope of work  
and timelines



Draft the questions



We build your own-branded Pulse Check™



Load your distribution list coded by for example: country, stakeholders, employee type etc.



Agree the date for the de-brief and action plan session

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# 4



We draft copy for you to introduce to the Pulse Check™ to your distribution list



24 hours after you send out the intro copy, we go live

The five day Pulse Check™ process runs:

### **Day 1**

Pulse Check™ goes live 0730hrs. Indicative response sent to you in as little as 90 minutes including any "red flags".

### **Day 2**

Share updates

### **Day 3**

Prompt the Pulse Check™ only to those people who have not replied

### **Day 4**

Share updates

### **Day 5**

We create the final info graphics



Debrief session providing insight, analysis and action points



Final report with agreed strategy and action plan



In summary, Pulse Check™ Plus is a rapid way to gauge sentiment on any topic among any audience coupled with a clear action plan based on what the quantitative and qualitative data is saying.