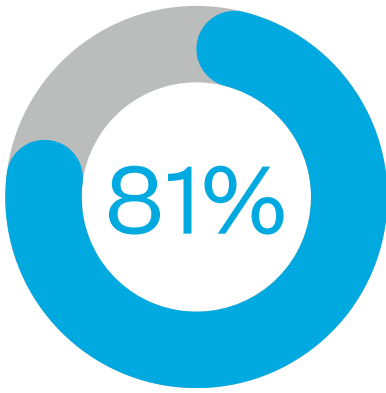


# IT Sector Temperature Check

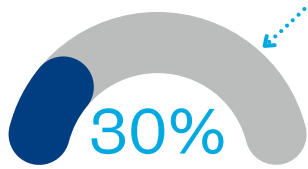
The 2024 Younity IT Sector Temperature Check surveyed 675 IT professionals across New Zealand to uncover the state of their mental health, workplace stress levels, and desired support.

## Impact of work stress



Work stress has impacted my work performance

*"Only 19% said that stress did not impact their work performance in 2024"*



Work stress significantly affected my work performance

*"Almost a third of IT professionals said that work stress had a significant impact on their performance in 2024"*



Work stress significantly impacted my relationship with my **manager/management**



Work stress significantly impacted my relationship with my **peers**



Work stress significantly impacted my **personal life**



Work stress significantly impacted my **family relationships**

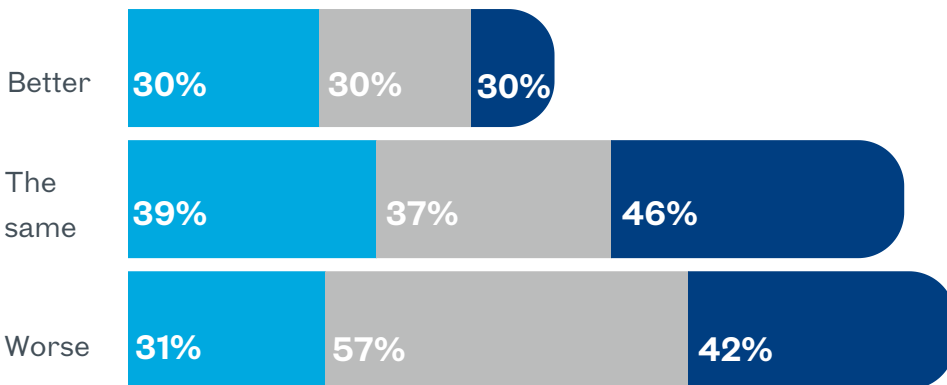
69%

feel pressured to deliver more with fewer resources

## Support

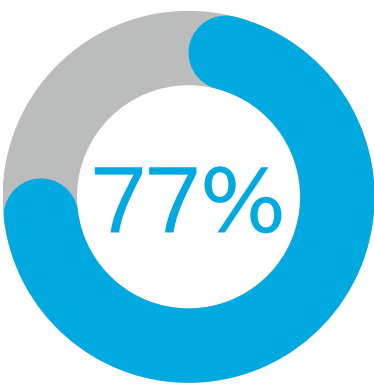
How do you rate the support you received from your organisation, your manager and your peers over the last year, compared to the year before?

● Organisation   ● Direct Manager   ● Peers

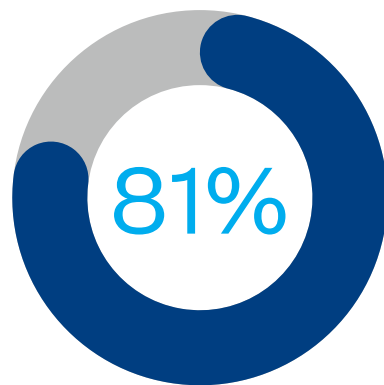


*"Overall IT Professionals experienced worse support from their teammates, managers and their employers in 2024"*

## Looking for work

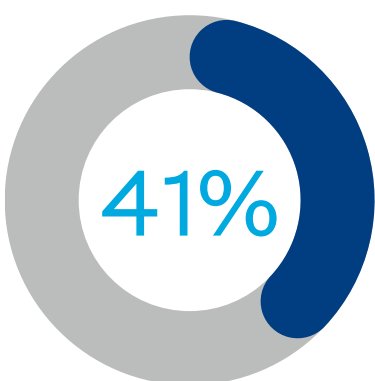


Are actively looking for new roles



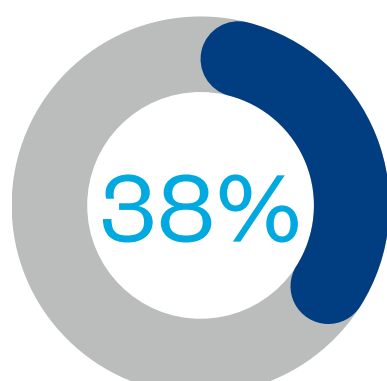
of these jobseekers found it harder to secure work than in previous years

## Moving offshore



Are considering leaving New Zealand for better IT career opportunities.

## Job loss



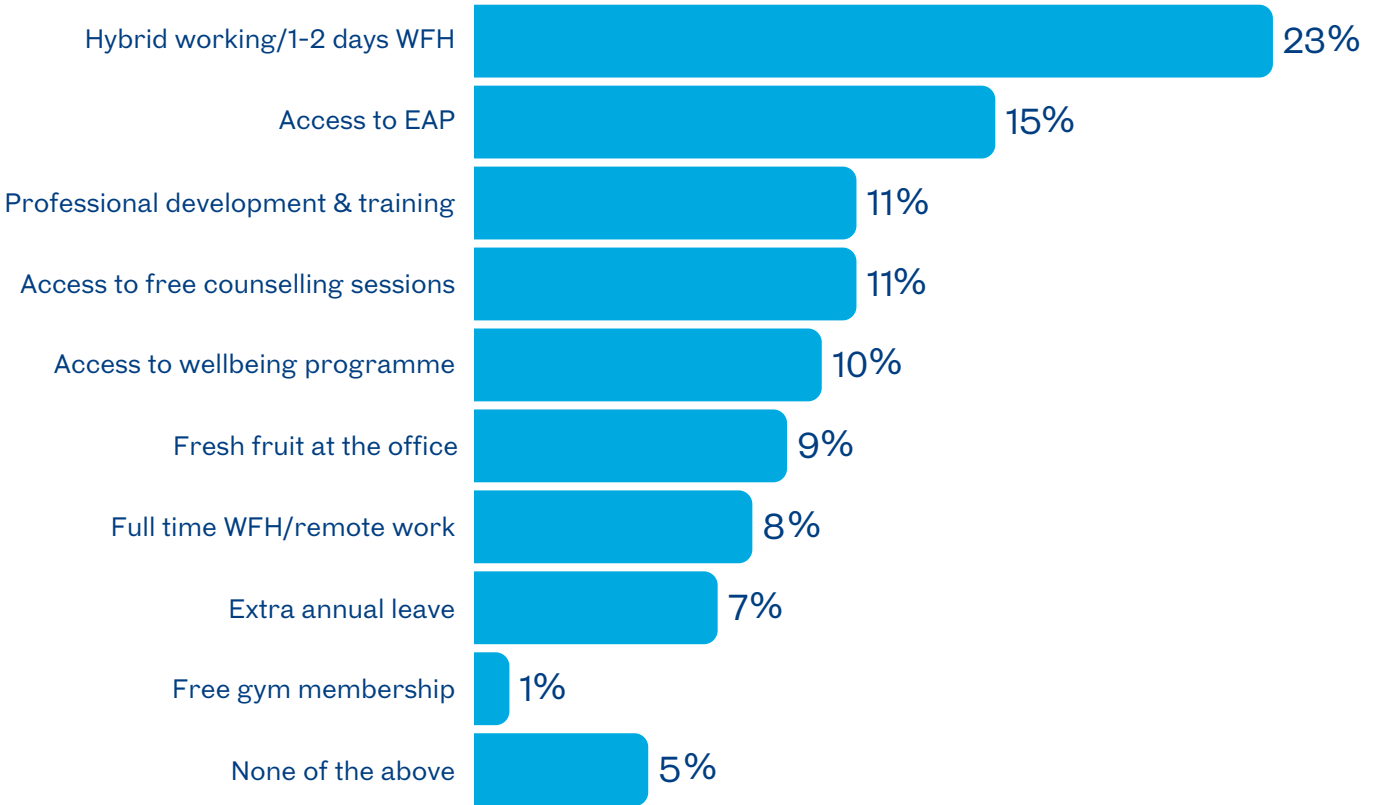
Have lost work as a result of the economic downturn in 2024

# Wellbeing and mental health support

Our survey delved into the impact of workplace stress on family relationships, welfare, and long-term outlook. Despite increased peer support, many professionals said corporate wellbeing initiatives have fallen short.

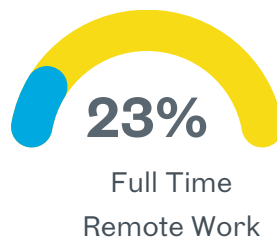
## Wellbeing benefits available

We asked IT professionals what wellbeing and mental health benefits their employers provide.



## Wellbeing benefits that IT employees value

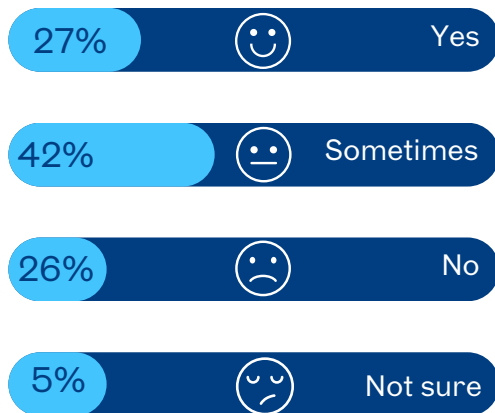
The top three workplace benefits that IT professionals said would improve their personal wellbeing:



*The fact that 'Extra Annual Leave' is the top wellbeing benefit for IT professionals is an indicator that our workforce are under pressure, overworked and want time off to recharge.*

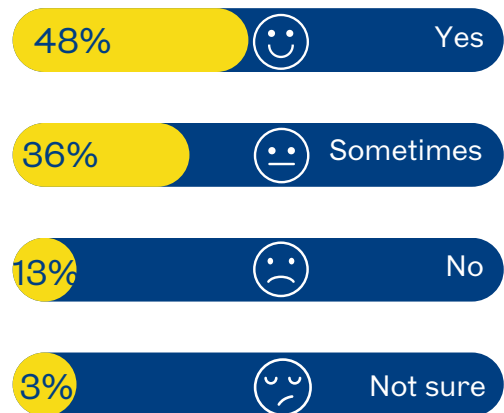
## Workplace Support

The support at work is adequate to be my best and happiest self:



## Team Support

I feel supported by my team:



## The Younity IT Sector Temperature Check Survey

We surveyed 675 IT Professionals in November 2024

Respondents were mainly from the following regions:

Wellington (46%), Auckland (43%) and Canterbury (4%)

Gender split:

65% male, 32% female, 1% non-binary and 2% prefer not to say

## Work/life balance

