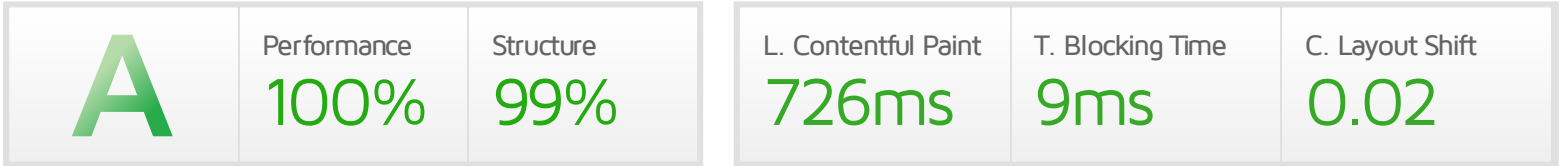




# Performance Report for: <http://nbwellbeingcoaching.com/>

Report generated: Thu, Mar 7, 2024 4:25 PM -0800  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0



## Top Issues

Med-Low	Serve static assets with an efficient cache policy	Potential savings of 112KB
Low	Use a Content Delivery Network (CDN)	1 resource found
Low	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 34ms
Low	Avoid an excessive DOM size <small>TBT</small>	325 elements
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 1.50MB

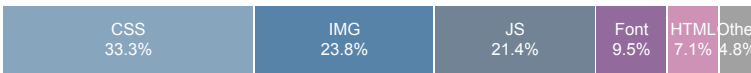
## Page Details



### Total Page Size - 1.49MB



### Total Page Requests - 42



## How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

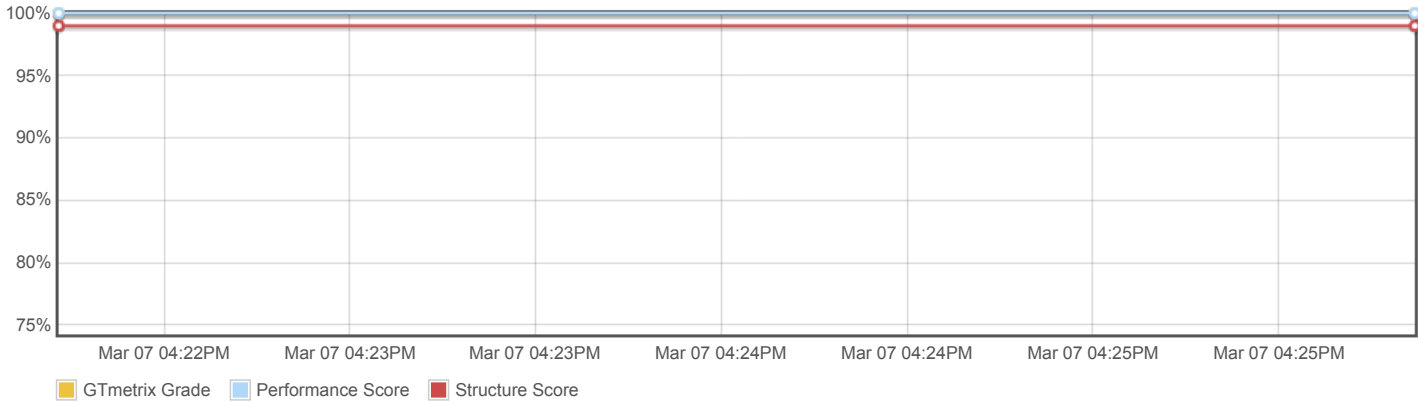
## About GTmetrix



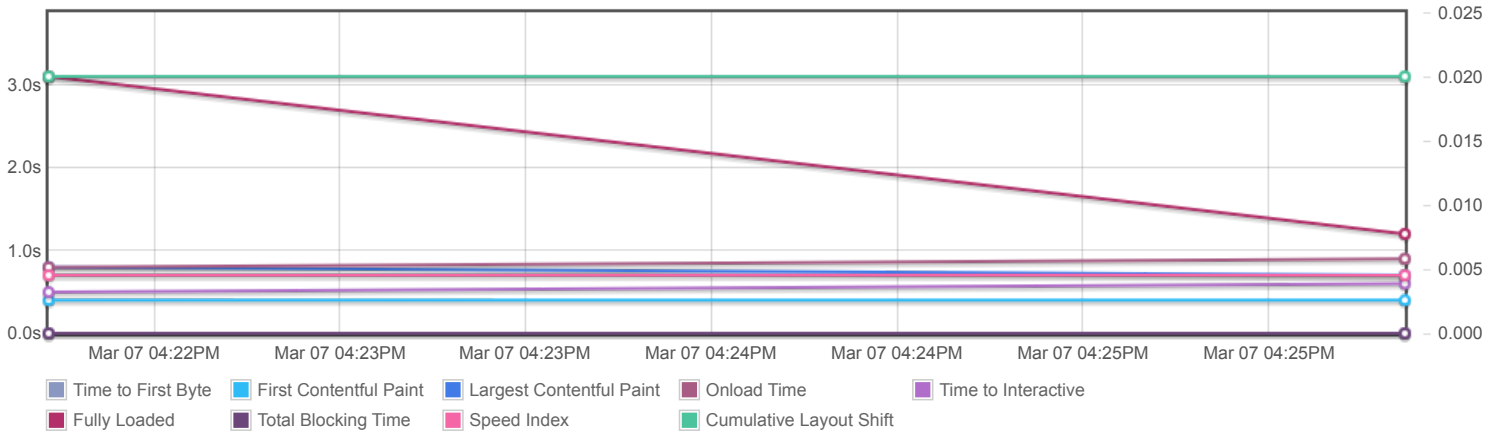
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

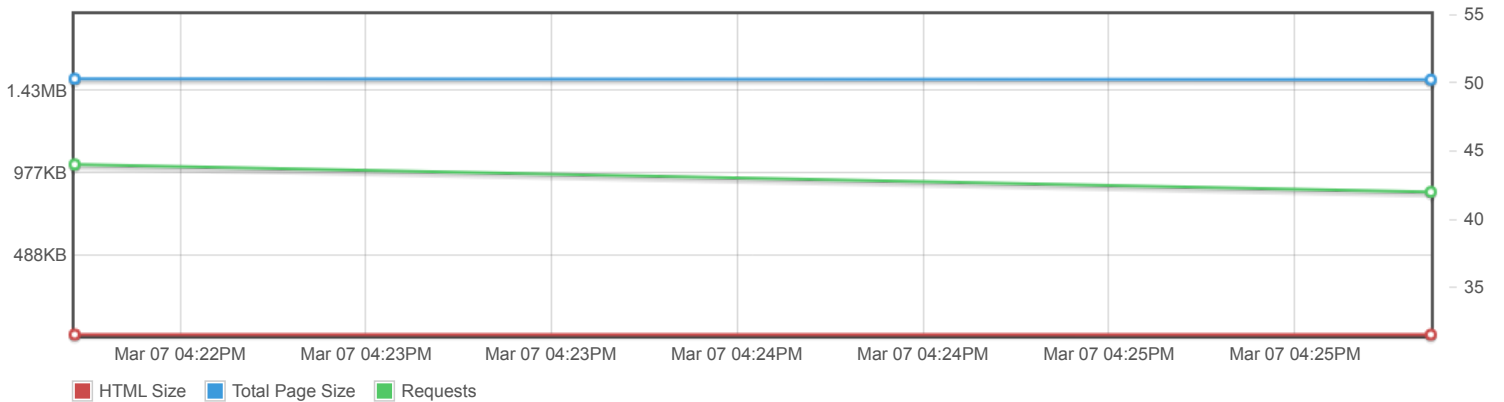
Page scores



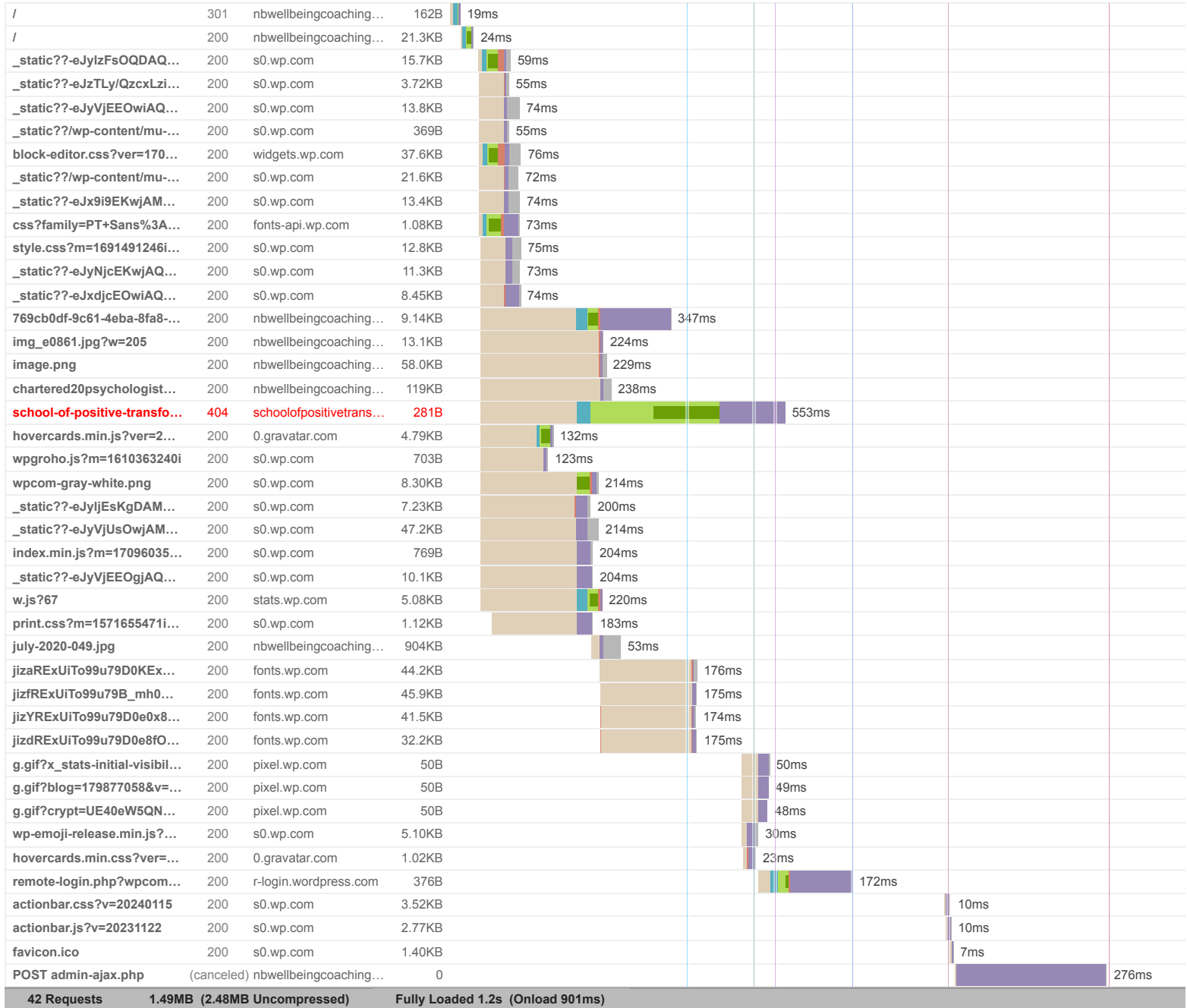
Page metrics

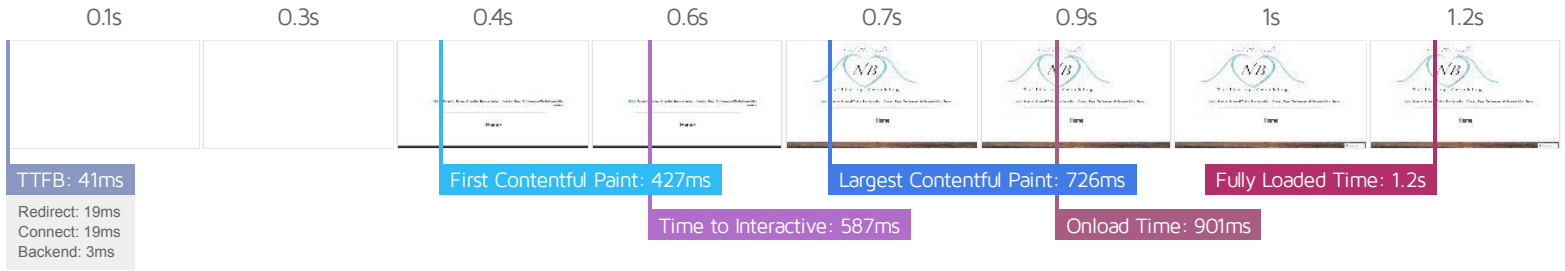


Page sizes and request counts



The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.





### Performance Metrics

<p><b>First Contentful Paint</b></p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p><b>426ms</b></p>	<p><b>Time to Interactive</b></p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p><b>586ms</b></p>
<p><b>Speed Index</b></p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p><b>681ms</b></p>	<p><b>Total Blocking Time</b></p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p><b>9ms</b></p>
<p><b>Largest Contentful Paint</b></p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p><b>726ms</b></p>	<p><b>Cumulative Layout Shift</b></p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p><b>0.02</b></p>

### Browser Timings

Redirect	19ms	Connect	19ms	Backend	3ms
TTFB	41ms	First Paint	427ms	DOM Int.	526ms
DOM Loaded	548ms	Onload	901ms	Fully Loaded	1.2s

IMPACT AUDIT

**Low** Properly size images Potential savings of 156KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://nbwellbeingcoaching.files.wordpress.com/2020/07/chartered20psychologist20logo20-20individuals-4.jpg">https://nbwellbeingcoaching.files.wordpress.com/2020/07/chartered20psychologist20logo20-20individuals-4.jpg</a>	119KB	106KB
<a href="https://nbwellbeingcoaching.files.wordpress.com/2020/11/image.png">https://nbwellbeingcoaching.files.wordpress.com/2020/11/image.png</a>	58.0KB	49.7KB

**Low** Avoid multiple page redirects FCP LCP Potential savings of 15ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
• <a href="http://nbwellbeingcoaching.com/">http://nbwellbeingcoaching.com/</a>	15ms
• <a href="https://nbwellbeingcoaching.com/">https://nbwellbeingcoaching.com/</a>	0ms

**Low** Efficiently encode images Potential savings of 90.8KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://nbwellbeingcoaching.files.wordpress.com/2020/07/chartered20psychologist20logo20-20individuals-4.jpg">https://nbwellbeingcoaching.files.wordpress.com/2020/07/chartered20psychologist20logo20-20individuals-4.jpg</a>	119KB	58.8KB
<a href="https://nbwellbeingcoaching.files.wordpress.com/2020/07/july-2020-049.jpg">https://nbwellbeingcoaching.files.wordpress.com/2020/07/july-2020-049.jpg</a>	904KB	32.0KB

**Low** Avoid long main-thread tasks TBT 2 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
• <a href="https://nbwellbeingcoaching.com/">https://nbwellbeingcoaching.com/</a>	253ms	130ms
• <a href="https://stats.wp.com/w.js?67">https://stats.wp.com/w.js?67</a>	527ms	59ms

**Low** Reduce unused CSS FCP LCP Potential savings of 99KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://widgets.wp.com/verbum-block-editor/block-editor.css?ver=1705430309">https://widgets.wp.com/verbum-block-editor/block-editor.css?ver=1705430309</a>	37.6KB	37.6KB
<a href="https://s0.wp.com/_static/??-eJyIzFsOQDAQQNEN0VFC+RBr0ZpUGa30QexeYws+b25y4D5L5WxEg+Gkpl0NoFN0iV7n4xEuLjJPapDJ0AKSnNpLMLP/oeEQH0KmqjgHxRXPd5oOkYUqqGrrmrbm2wspKzhc&amp;cssminify=yes">https://s0.wp.com/_static/??-eJyIzFsOQDAQQNEN0VFC+RBr0ZpUGa30QexeYws+b25y4D5L5WxEg+Gkpl0NoFN0iV7n4xEuLjJPapDJ0AKSnNpLMLP/oeEQH0KmqjgHxRXPd5oOkYUqqGrrmrbm2wspKzhc&amp;cssminify=yes</a>	21.6KB	21.6KB
<a href="https://s0.wp.com/_static/??-eJyVjEEOWiAQAD/ksgGN4sH4Fko3hJYCYZea/r49mF6Nx0lmbj8VfMICWbCmHmJmDp3AgVgAIRU/M04k1fkZkttKFwgtjsiyJVKe+YLLJqTmAP/yH35ZkZpqzRwXGoial_SgG46R5TTgHL2Xi75bba/GPB/TDthVT3U=&amp;cssminify=yes">https://s0.wp.com/_static/??-eJyVjEEOWiAQAD/ksgGN4sH4Fko3hJYCYZea/r49mF6Nx0lmbj8VfMICWbCmHmJmDp3AgVgAIRU/M04k1fkZkttKFwgtjsiyJVKe+YLLJqTmAP/yH35ZkZpqzRwXGoial_SgG46R5TTgHL2Xi75bba/GPB/TDthVT3U=&amp;cssminify=yes</a>	15.7KB	15.0KB
<a href="https://s0.wp.com/_static/??-eJyNjEOWiAQAD/ksgGN4sH4Fko3hJYCYZea/r49mF6Nx0lmbj8VfMICWbCmHmJmDp3AgVgAIRU/M04k1fkZkttKFwgtjsiyJVKe+YLLJqTmAP/yH35ZkZpqzRwXGoial_SgG46R5TTgHL2Xi75bba/GPB/TDthVT3U=&amp;cssminify=yes">https://s0.wp.com/_static/??-eJyNjEOWiAQAD/ksgGN4sH4Fko3hJYCYZea/r49mF6Nx0lmbj8VfMICWbCmHmJmDp3AgVgAIRU/M04k1fkZkttKFwgtjsiyJVKe+YLLJqTmAP/yH35ZkZpqzRwXGoial_SgG46R5TTgHL2Xi75bba/GPB/TDthVT3U=&amp;cssminify=yes</a>	13.8KB	13.4KB
<a href="https://s0.wp.com/_static/??-eJyNjEOWiAQAD/ksgGN4sH4Fko3hJYCYZea/r49mF6Nx0lmbj8VfMICWbCmHmJmDp3AgVgAIRU/M04k1fkZkttKFwgtjsiyJVKe+YLLJqTmAP/yH35ZkZpqzRwXGoial_SgG46R5TTgHL2Xi75bba/GPB/TDthVT3U=&amp;cssminify=yes">https://s0.wp.com/_static/??-eJyNjEOWiAQAD/ksgGN4sH4Fko3hJYCYZea/r49mF6Nx0lmbj8VfMICWbCmHmJmDp3AgVgAIRU/M04k1fkZkttKFwgtjsiyJVKe+YLLJqTmAP/yH35ZkZpqzRwXGoial_SgG46R5TTgHL2Xi75bba/GPB/TDthVT3U=&amp;cssminify=yes</a>	11.3KB	11.3KB

Low

### Serve images in next-gen formats

Potential savings of 708KB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://nbwellbeingcoaching.files.wordpress.com/2020/07/july-2020-049.jpg">https://nbwellbeingcoaching.files.wordpress.com/2020/07/july-2020-049.jpg</a>	904KB	571KB
<a href="https://nbwellbeingcoaching.files.wordpress.com/2020/07/chartered20psychologist20logo20-20individuals-4.jpg">https://nbwellbeingcoaching.files.wordpress.com/2020/07/chartered20psychologist20logo20-20individuals-4.jpg</a>	119KB	92.7KB
<a href="https://nbwellbeingcoaching.files.wordpress.com/2020/11/image.png">https://nbwellbeingcoaching.files.wordpress.com/2020/11/image.png</a>	58.0KB	43.7KB

Low

### Defer offscreen images

Potential savings of 8.01KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://s0.wp.com/i/logo/wpcom-gray-white.png">https://s0.wp.com/i/logo/wpcom-gray-white.png</a>	8.01KB	8.01KB

Low

### Minify JavaScript FCP LCP

Potential savings of 2.37KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://s0.wp.com/_static/??-eJxdjEOWiAQAD/ksgGN4sH4Fko3hJYCYZea/r49mF6Nx0lmbj8VfMICWbCmHmJmDp3AgVgAIRU/M04k1fkZkttKFwgtjsiyJVKe+YLLJqTmAP/yH35ZkZpqzRwXGoial_SgG46R5TTgHL2Xi75bba/GPB/TDthVT3U=&amp;cssminify=yes">https://s0.wp.com/_static/??-eJxdjEOWiAQAD/ksgGN4sH4Fko3hJYCYZea/r49mF6Nx0lmbj8VfMICWbCmHmJmDp3AgVgAIRU/M04k1fkZkttKFwgtjsiyJVKe+YLLJqTmAP/yH35ZkZpqzRwXGoial_SgG46R5TTgHL2Xi75bba/GPB/TDthVT3U=&amp;cssminify=yes</a>	8.45KB	2.37KB

Low

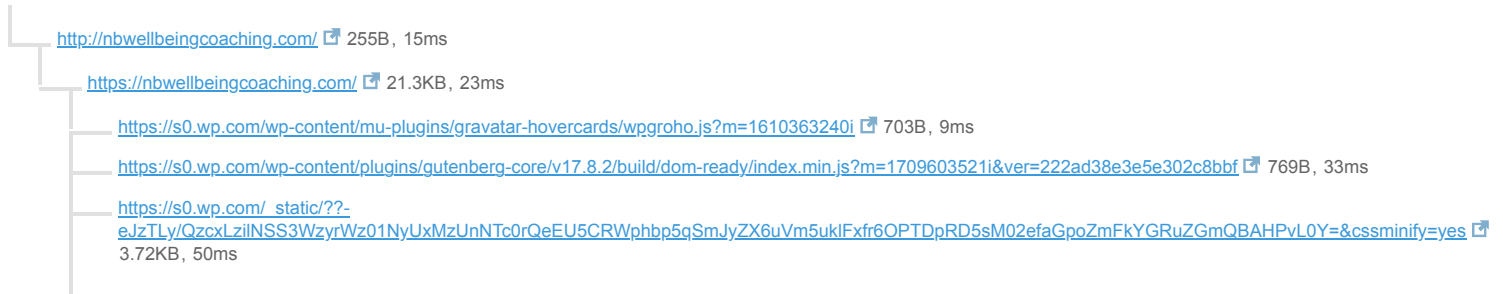
### Avoid chaining critical requests FCP LCP

21 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: **904ms**

#### INITIAL NAVIGATION



- [https://s0.wp.com/\\_static/??-eJyVjEEOwiAQAD/ksgGN4sH4Fko3hJYCYZea/r49mF6Nx0ImBj8VfMICWbCmHmJmDP3AgVqAIRU/M04k1fkZkttKFwgtjsiyJVKe+YL/LJgTmAP/yH35ZkZpqzRwXGoial\\_SqG4f](https://s0.wp.com/_static/??-eJyVjEEOwiAQAD/ksgGN4sH4Fko3hJYCYZea/r49mF6Nx0ImBj8VfMICWbCmHmJmDP3AgVqAIRU/M04k1fkZkttKFwgtjsiyJVKe+YL/LJgTmAP/yH35ZkZpqzRwXGoial_SqG4f) 13.8KB, 69ms
- <https://s0.wp.com/wp-content/themes/pub/hever/style.css?m=1691491246i&cssminify=yes> 12.8KB, 69ms
- [https://s0.wp.com/\\_static/??-eJyVjUsOwjAMRC+EE7VUICwQZymJgdw6cZRPEbenUBCIFWxn3pvRlwhWQsFQk8QuQ4Usrbi/RIB04RZj1+BGvNGf4hv68Rip6xb1exVA5I8ZISEs+q0o1zWpRUCIt5hUp7Cz](https://s0.wp.com/_static/??-eJyVjUsOwjAMRC+EE7VUICwQZymJgdw6cZRPEbenUBCIFWxn3pvRlwhWQsFQk8QuQ4Usrbi/RIB04RZj1+BGvNGf4hv68Rip6xb1exVA5I8ZISEs+q0o1zWpRUCIt5hUp7Cz) 47.2KB, 44ms
- [https://s0.wp.com/\\_static/??-eJx9i9EKwjAMAH/IGCpjsAfxW7oQu0ralDbd8O+d+Klovt3BHW4FSLNxnRSEfzcsfcaFV67Y7C58pNYO+Dtbfy0eY6ZXClshTV9D6iCkh5gbBIYQJW9R84fAVXys/9bKs2jYMeBe](https://s0.wp.com/_static/??-eJx9i9EKwjAMAH/IGCpjsAfxW7oQu0ralDbd8O+d+Klovt3BHW4FSLNxnRSEfzcsfcaFV67Y7C58pNYO+Dtbfy0eY6ZXClshTV9D6iCkh5gbBIYQJW9R84fAVXys/9bKs2jYMeBe) 13.4KB, 68ms
- [https://s0.wp.com/\\_static/??-eJyNjcEkwjAQRH/luAYr9SJ+iqSbkKRudoObIP59W/EiXrwM82B4A89qULgFblC6qdRjZoU5tOrw/mEollv4TfBk3sE77x/vWvmuEfvHfxvumVGUMHsyJBE0S/4sbUUyvgbBogkl](https://s0.wp.com/_static/??-eJyNjcEkwjAQRH/luAYr9SJ+iqSbkKRudoObIP59W/EiXrwM82B4A89qULgFblC6qdRjZoU5tOrw/mEollv4TfBk3sE77x/vWvmuEfvHfxvumVGUMHsyJBE0S/4sbUUyvgbBogkl) 11.3KB, 67ms
- [https://s0.wp.com/\\_static/??/wp-content/mu-plugins/core-compat/wp-mediaelement.css/\\_wp-content/mu-plugins/wcom-bbpress-premium-themes.css?m=1432920480j&cssminify=yes](https://s0.wp.com/_static/??/wp-content/mu-plugins/core-compat/wp-mediaelement.css/_wp-content/mu-plugins/wcom-bbpress-premium-themes.css?m=1432920480j&cssminify=yes) 676B, 50ms
- [https://s0.wp.com/\\_static/??-eJyIzFsOQDAQQEN0VFC+RBroZpUGa30QexeYws+b25y4D5L5WxEG+Gkpl0NoFNOiV7n4xEuLljPapDJ0AKSnNpLMtLP/oEQH0KmqijHxRXPd5oOkYUqqGrmrbm2wspk](https://s0.wp.com/_static/??-eJyIzFsOQDAQQEN0VFC+RBroZpUGa30QexeYws+b25y4D5L5WxEG+Gkpl0NoFNOiV7n4xEuLljPapDJ0AKSnNpLMtLP/oEQH0KmqijHxRXPd5oOkYUqqGrmrbm2wspk) 15.7KB, 53ms
- [https://s0.wp.com/\\_static/??-eJxdjcEOwiAQRH9IXHowjQfjpxgoa7Mudgksrf69PaiJHfNywxuUzCiqwQG2TxIND0htXNOzPEdznGdoBfryY1pcrj+d/lbkrgM3GDIFrctLzzPi38YbcVOUgF11WyU6Xpa68UUERf](https://s0.wp.com/_static/??-eJxdjcEOwiAQRH9IXHowjQfjpxgoa7Mudgksrf69PaiJHfNywxuUzCiqwQG2TxIND0htXNOzPEdznGdoBfryY1pcrj+d/lbkrgM3GDIFrctLzzPi38YbcVOUgF11WyU6Xpa68UUERf) 8.45KB, 68ms
- <https://s0.wp.com/wp-content/mu-plugins/actionbar/actionbar.css?v=20240115> 3.52KB, 9ms
- [https://s0.wp.com/\\_static/??-eJyVjEEOGjAQRS9kGQkx4sJ4FANDY6a0Mw3TodeXBbhwYeLy/bz/oGaHwsVzgwQuR3sRKwRf8oDzrpBEGJ7ECGMUnBXURsWFCiHZ7JV8bYKe4N+YUzWAh0Vmf4x9Ak](https://s0.wp.com/_static/??-eJyVjEEOGjAQRS9kGQkx4sJ4FANDY6a0Mw3TodeXBbhwYeLy/bz/oGaHwsVzgwQuR3sRKwRf8oDzrpBEGJ7ECGMUnBXURsWFCiHZ7JV8bYKe4N+YUzWAh0Vmf4x9Ak) 10.1KB, 33ms
- [https://s0.wp.com/\\_static/??/wp-content/mu-plugins/comment-likes/css/comment-likes.css/\\_i/noticons/noticons.css?m=1436783281j&cssminify=yes](https://s0.wp.com/_static/??/wp-content/mu-plugins/comment-likes/css/comment-likes.css/_i/noticons/noticons.css?m=1436783281j&cssminify=yes) 21.6KB, 67ms
- [https://s0.wp.com/\\_static/??-eJyIjEsKgDAMBS9kDUUquhDPom0Qaz/BNHh9KdgTuBl4w2PgIwVzKpgKRFEU5DgTg8dCm72+DTHnCicBGex2Z2EMwM9JeKtdkgvYW+YOfTaqYkaXOOix8noQU+z8S9MF](https://s0.wp.com/_static/??-eJyIjEsKgDAMBS9kDUUquhDPom0Qaz/BNHh9KdgTuBl4w2PgIwVzKpgKRFEU5DgTg8dCm72+DTHnCicBGex2Z2EMwM9JeKtdkgvYW+YOfTaqYkaXOOix8noQU+z8S9MF) 7.23KB, 30ms
- <https://widgets.wp.com/verbum-block-editor/block-editor.css?ver=1705430309> 37.6KB, 71ms
- <https://0.gravatar.com/js/hovercards/hovercards.min.js?ver=202410131f6b765e798866d728f95661b78bbf269c86482ffff0fa8c08e18a1a65cc89> 4.79KB, 30ms
- <https://0.gravatar.com/js/hovercards/hovercards.min.css?ver=202410131f6b765e798866d728f95661b78bbf269c86482ffff0fa8c08e18a1a65cc89> 1.02KB, 17ms
- <https://fonts-api.wp.com/css?family=PT+Sans%3A400%2C400i%2C700%2C700i&subset=latin%2Clatin-ext&display=swap> 1.08KB, 67ms
- [https://fonts.wp.com/s/ptsans/v17/jjzfrEXUiTo99u79B\\_mh0O6tLQ.woff2](https://fonts.wp.com/s/ptsans/v17/jjzfrEXUiTo99u79B_mh0O6tLQ.woff2) 46.3KB, 25ms
- <https://fonts.wp.com/s/ptsans/v17/jjzYREXUiTo99u79D0e0x8ml.woff2> 41.8KB, 24ms
- <https://fonts.wp.com/s/ptsans/v17/jjzaREXUiTo99u79D0KExQ.woff2> 44.5KB, 26ms
- <https://fonts.wp.com/s/ptsans/v17/jjzdREXUiTo99u79D0e8fOydlXUd.woff2> 32.5KB, 25ms

**Low** **Reduce unused JavaScript** LCP Potential savings of 25.9KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://s0.wp.com/_static/??-eJyVjUsOwjAMRC+EE7VUICwQZymJgdw6cZRPEbenUBCIFWxn3pvRlwhWQsFQk8QuQ4Usrbi/RIB04RZj1+BGvNGf4hv68Rip6xb1exVA5I8ZISEs+q0o1zWpRUCIt5hUp7Ca4+C5erWwwc+Y3CS7IUUvp6JEWewV+khAMubF8kQaqhkMc/v5740R+anTGt6bbGjDeLiG/d">https://s0.wp.com/_static/??-eJyVjUsOwjAMRC+EE7VUICwQZymJgdw6cZRPEbenUBCIFWxn3pvRlwhWQsFQk8QuQ4Usrbi/RIB04RZj1+BGvNGf4hv68Rip6xb1exVA5I8ZISEs+q0o1zWpRUCIt5hUp7Ca4+C5erWwwc+Y3CS7IUUvp6JEWewV+khAMubF8kQaqhkMc/v5740R+anTGt6bbGjDeLiG/d</a>	47.2KB	25.9KB

**N/A** **Largest Contentful Paint element** LCP 730 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
header#masthead > div.site-logo > a.custom-logo-link > img.custom-logo

```

PHASE	% OF LCP	TIMING
TTFB	6%	42ms
Load Delay	25%	184ms
Load Time	24%	175ms
Render Delay	45%	324ms

N/A **Reduce JavaScript execution time** TBT 52ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• <a href="https://nbwellbeingcoaching.com/">https://nbwellbeingcoaching.com/</a>	333ms	30ms	7ms
• Unattributable	178ms	14ms	0ms

N/A **Reduce initial server response time** FCP LCP Root document took 3ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
• <a href="https://nbwellbeingcoaching.com/">https://nbwellbeingcoaching.com/</a>	3ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 12.4KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
<a href="https://stats.wp.com/w.js?67">https://stats.wp.com/w.js?67</a> Line:0 Column:8509	12.3KB <code>Array.prototype.forEach</code>
<a href="https://s0.wp.com/_static/??-eJyVjUsOwjAMRC+EE7VUiCwQZymJgdw6cZRPEbenUBCIFWxn3pvRlwhWQsFQtK8QuQ4Usrbi/RIB04RZj1+BGvNGf4hv68Rip6xb1exVA5i8ZISEs+q0o1zWpRUclt5hUp7Ca4+C5erWwww+Y3CS7IUUp6JeWEwIV+khAMubF8kQaqhkMc/v5740R+anTGt6bbGjDeLIG/d">https://s0.wp.com/_static/??-eJyVjUsOwjAMRC+EE7VUiCwQZymJgdw6cZRPEbenUBCIFWxn3pvRlwhWQsFQtK8QuQ4Usrbi/RIB04RZj1+BGvNGf4hv68Rip6xb1exVA5i8ZISEs+q0o1zWpRUclt5hUp7Ca4+C5erWwww+Y3CS7IUUp6JeWEwIV+khAMubF8kQaqhkMc/v5740R+anTGt6bbGjDeLIG/d</a> Line:748 Column:452	53B <code>@babel/plugin-transform-class</code>



N/A

**Avoid large layout shifts** CLS

2 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
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Home Welcome to nbwellbeing coaching I am Nick Banfield, Wellbeing Coach and ... <div id="content" class="site-content">	0.02
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Home Services School of Positive Transformation – Courses Blog Psychological We... <ul id="menu-menu-1" class="main-menu" aria-label="submenu">	0.00
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N/A

**Minimize main-thread work** TBT

Main-thread busy for 630ms

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
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Style & Layout	249ms
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Other	228ms
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Script Evaluation	95ms
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Parse HTML & CSS	39ms
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Script Parsing & Compilation	12ms
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Rendering	6ms
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N/A

**Reduce the impact of third-party code** TBT

Total size was 1.48MB

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
<b>WORDPRESS</b>	1.30MB	0ms
• <a href="https://nbwellbeingcoaching.files.wordpress.com/2020/07/july-2020-049.jpg">https://nbwellbeingcoaching.files.wordpress.com/2020/07/july-2020-049.jpg</a>	905KB	0ms
• <a href="https://nbwellbeingcoaching.files.wordpress.com/2020/07/chartered20psychologist20logo20-20individuals-4.jpg">https://nbwellbeingcoaching.files.wordpress.com/2020/07/chartered20psychologist20logo20-20individuals-4.jpg</a>	120KB	0ms
• Other resources	309KB	0ms
<b>WP.COM</b>	166KB	0ms
• <a href="https://fonts.wp.com/s/ptsans/v17/jjzRExUiTo99u79B_mh0O6tLQ.woff2">https://fonts.wp.com/s/ptsans/v17/jjzRExUiTo99u79B_mh0O6tLQ.woff2</a>	46.3KB	0ms
• <a href="https://fonts.wp.com/s/ptsans/v17/jjzaRExUiTo99u79D0KExQ.woff2">https://fonts.wp.com/s/ptsans/v17/jjzaRExUiTo99u79D0KExQ.woff2</a>	44.5KB	0ms
• <a href="https://fonts.wp.com/s/ptsans/v17/jjzYRExUiTo99u79D0e0x8mI.woff2">https://fonts.wp.com/s/ptsans/v17/jjzYRExUiTo99u79D0e0x8mI.woff2</a>	41.8KB	0ms
• <a href="https://fonts.wp.com/s/ptsans/v17/jjzdRExUiTo99u79D0e8fOydLxUd.woff2">https://fonts.wp.com/s/ptsans/v17/jjzdRExUiTo99u79D0e8fOydLxUd.woff2</a>	32.5KB	0ms
<b>GRAVATAR</b>	5.82KB	0ms
• <a href="https://0.gravatar.com/js/hovercards/hovercards.min.js?ver=202410131f6b765e798866d728f95661b78bbf269c86482ffff0fa8c08e18a1a65cc89">https://0.gravatar.com/js/hovercards/hovercards.min.js?ver=202410131f6b765e798866d728f95661b78bbf269c86482ffff0fa8c08e18a1a65cc89</a>	4.79KB	0ms
<b>WORDPRESS SITE STATS</b>	5.59KB	0ms
• <a href="https://stats.wp.com/w.js?67">https://stats.wp.com/w.js?67</a>	5.08KB	0ms
<b>SCHOOLOFPOSITIVETRANSFORMATION.COM</b>	0B	0ms

N/A

### User Timing marks and measures

No user timings and/or marks found.