



# Performance Report for: <https://www.theupgroup.com/>

Report generated: Wed, Mar 6, 2024 6:00 PM -0800  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

<b>B</b>	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	80%	82%	1.6s	185ms	0.02

## Top Issues

High	Avoid enormous network payloads <small>LCP</small>	Total size was 16.3MB
Med	Use explicit width and height on image elements <small>CLS</small>	1 image found
Med-Low	Lazy load third-party resources with facades <small>TBT</small>	1 facade alternative available
Low	Serve static assets with an efficient cache policy	Potential savings of 78.0KB
Low	Allow back/forward cache restoration	1 failure reason

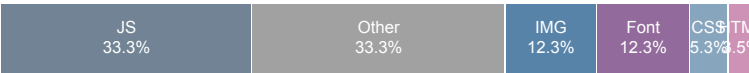
## Page Details



Total Page Size - 16.2MB



Total Page Requests - 57



HTML JS CSS IMG Video Font Other

### 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.**

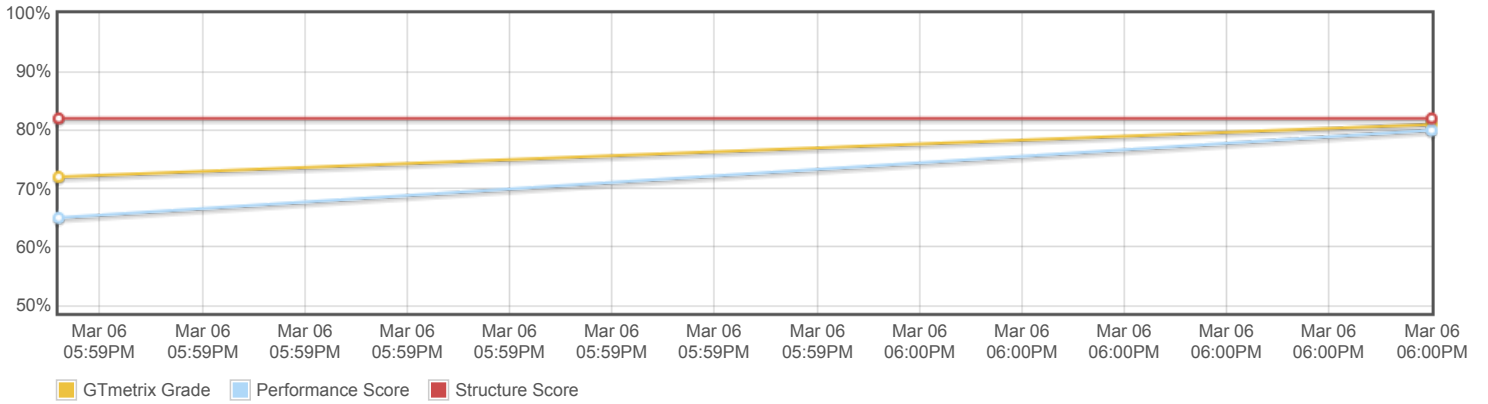
### About GTmetrix

GTmetrix is developed by the good folks at **CARBON60**, a Canadian hosting company with over 28 years experience in web technology.

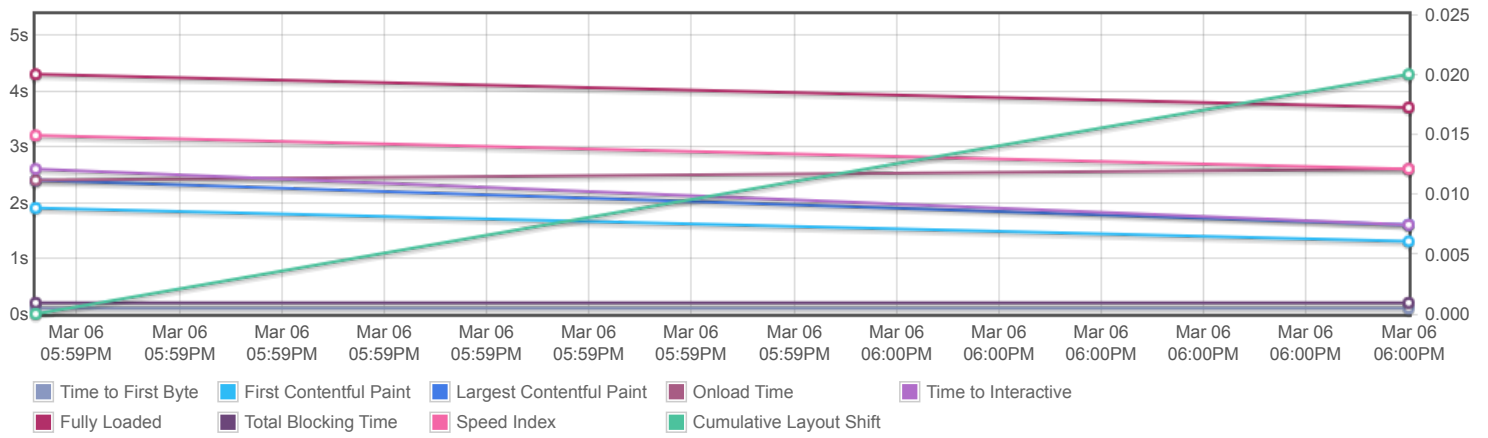


<https://carbon60.com/>

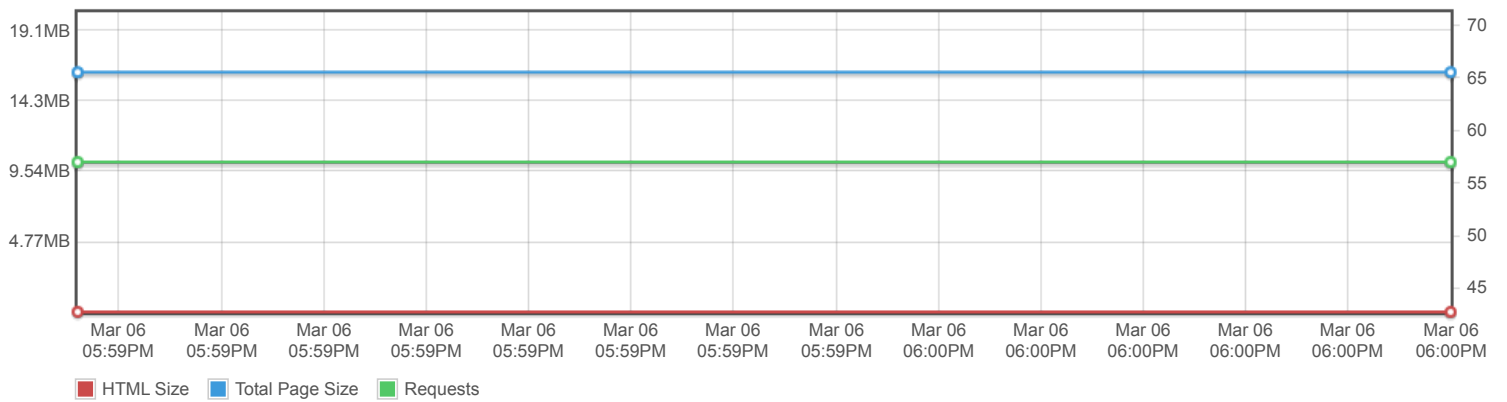
Page scores



Page metrics

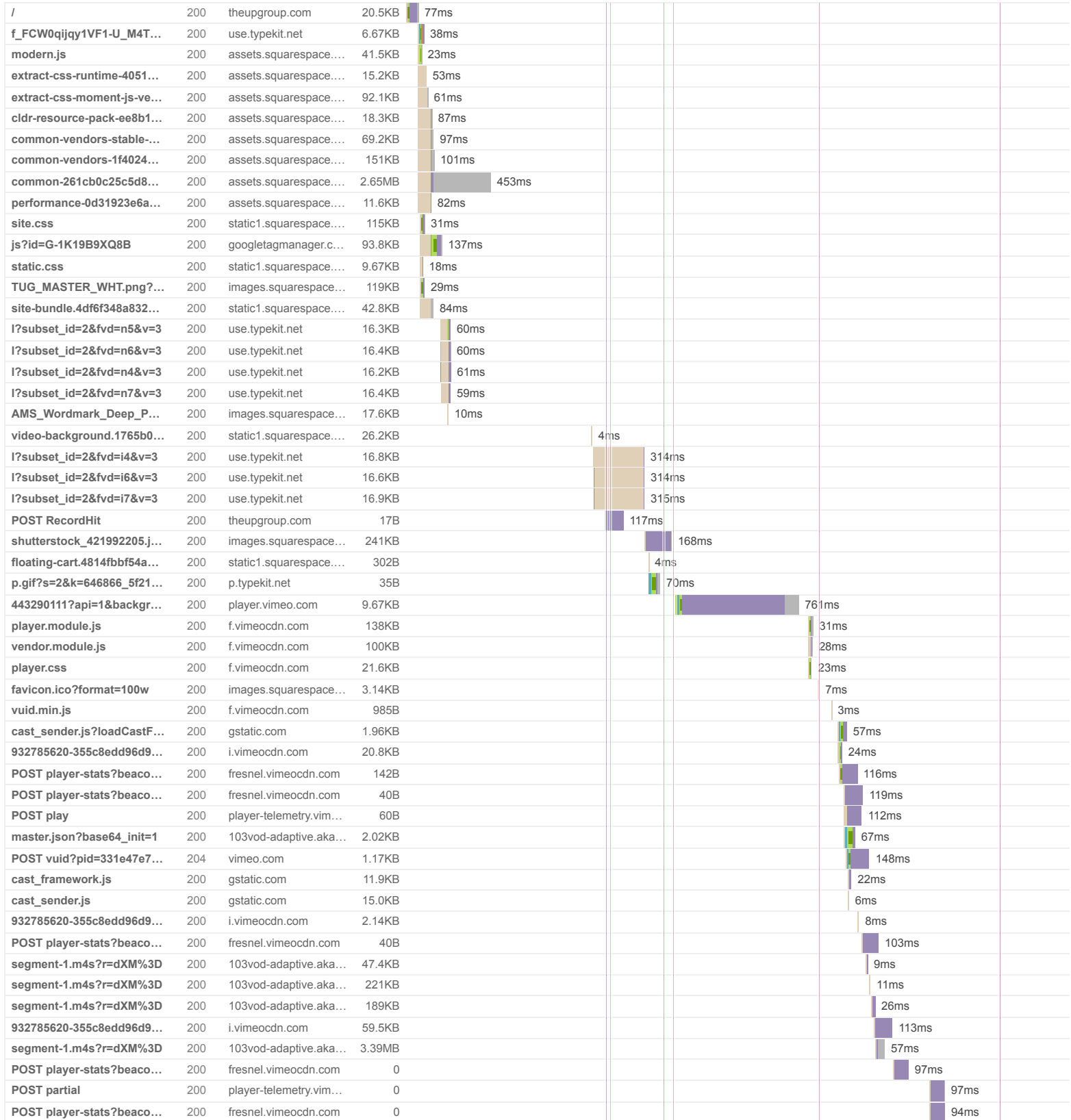


Page sizes and request counts

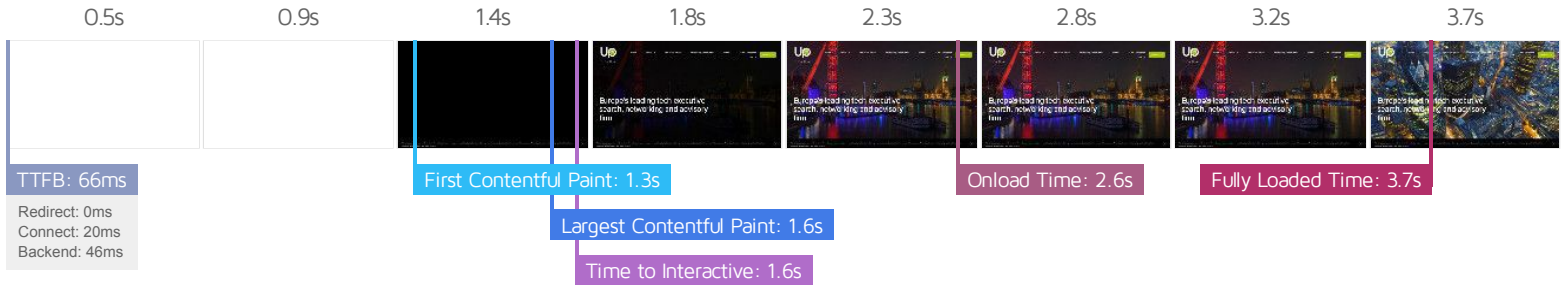


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

theupgroup



segment-2.m4s?r=dXM%3D	200	103vod-adaptive.aka...	189KB					11ms
segment-2.m4s?r=dXM%3D	200	103vod-adaptive.aka...	3.78MB					52ms
segment-3.m4s?r=dXM%3D	200	103vod-adaptive.aka...	179KB					12ms
segment-3.m4s?r=dXM%3D	200	103vod-adaptive.aka...	4.06MB					46ms
<b>57 Requests</b>		<b>16.2MB (41.4MB Uncompressed)</b>						<b>3.7s (Onload 2.6s)</b>



### 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>Longer than recommended</p> <p><b>1.3s</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>1.6s</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>Much longer than recommended</p> <p><b>2.6s</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>OK, but consider improvement</p> <p><b>185ms</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>OK, but consider improvement</p> <p><b>1.6s</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	0ms	Connect	20ms	Backend	46ms
TTFB	66ms	DOM Int.	279ms	DOM Loaded	1.2s
First Paint	1.3s	Onload	2.6s	Fully Loaded	3.7s

IMPACT AUDIT

Low

Avoid long main-thread tasks TBT

3 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://assets.squarespace.com/universal/scripts-compressed/common-261cb0c25c5d80000717-min.en-US.js">https://assets.squarespace.com/universal/scripts-compressed/common-261cb0c25c5d80000717-min.en-US.js</a>	633ms	601ms
Unattributable	1.2s	223ms
<a href="https://www.theupgroup.com/">https://www.theupgroup.com/</a>	1.6s	79ms

Low

Reduce JavaScript execution time TBT

589ms 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://assets.squarespace.com/universal/scripts-compressed/common-261cb0c25c5d80000717-min.en-US.js">https://assets.squarespace.com/universal/scripts-compressed/common-261cb0c25c5d80000717-min.en-US.js</a>	578ms	406ms	132ms
Unattributable	480ms	8ms	0ms
<a href="https://www.theupgroup.com/">https://www.theupgroup.com/</a>	371ms	7ms	2ms
<a href="https://static1.squarespace.com/static/vta/5c5a519771c10ba3470d8101/scripts/site-bundle.4df6f348a832dc61e261a099a8ca9b31.js">https://static1.squarespace.com/static/vta/5c5a519771c10ba3470d8101/scripts/site-bundle.4df6f348a832dc61e261a099a8ca9b31.js</a>	55ms	29ms	2ms

Low

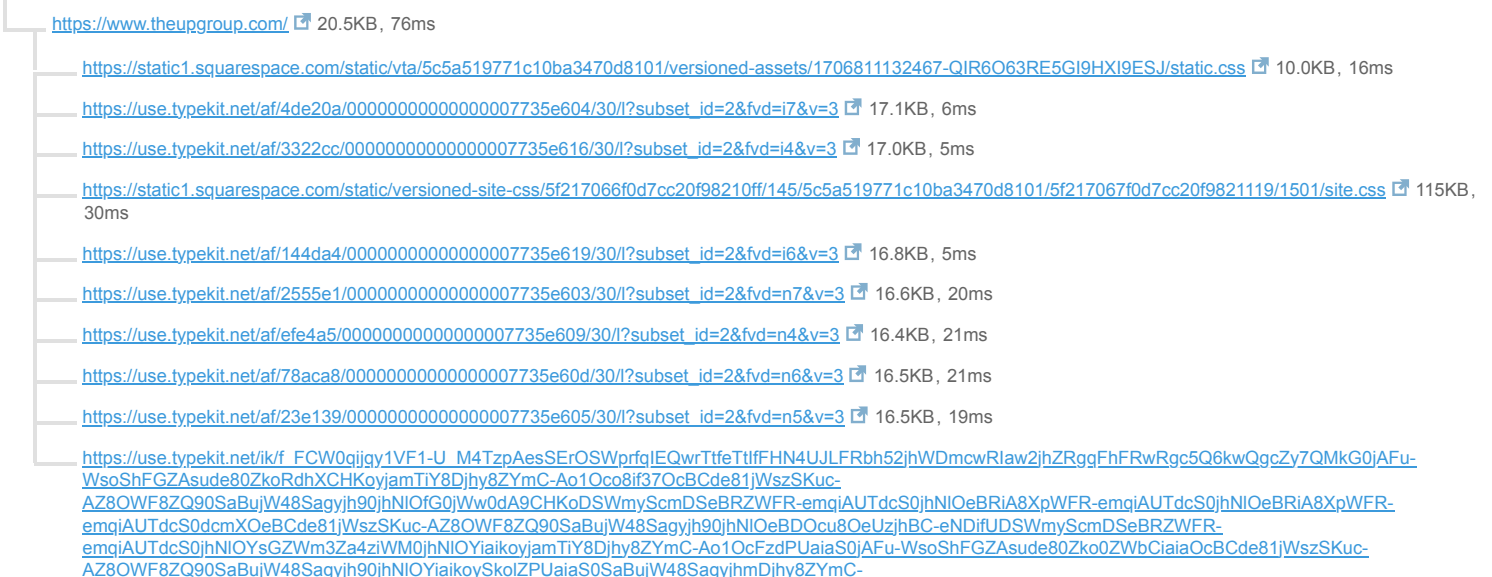
Avoid chaining critical requests FCP LCP

10 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: 1.5s

INITIAL NAVIGATION



**Low** **Avoid an excessive DOM size** TBT 524 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		524
Maximum DOM Depth	AMS_Wordmark_Deep_Purple_RGB.jpg <pre>&lt;img data-stretch="false" data-src="https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/161..." data-image="https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/161..." data-image-dimensions="1200x627" data-image-focal-point="0.5,0.5" alt="AMS_Wordmark_Deep_Purple_RGB.jpg" data-load="false" elementtiming="system-image-block" src="https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/161..." width="1200" height="627" sizes="(max-width: 640px) 100vw, (max-width: 767px) 16.666666666666664vw, 16.6666..." style="display: block; object-fit: cover; width: 100%; height: 100%;" ...&gt;</pre>	20
Maximum Child Elements	Home About Us What We Do Why We Are Different Our Unique Platform Our Team Dive... <pre>&lt;nav class="header-nav-list"&gt;</pre>	7

**Low** **Properly size images** Potential savings of 56.1KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1596449772403-KLE05CWZMDC9AUJVVU_L4G/shutterstock_421992205.jpg?format=1500w">https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1596449772403-KLE05CWZMDC9AUJVVU_L4G/shutterstock_421992205.jpg?format=1500w</a>	241KB	41.1KB
<a href="https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1614101216129-R7J1BKFGHXINW5740EZ5/AMS_Wordmark_Deep_Purple_RGB.jpg?format=300w">https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1614101216129-R7J1BKFGHXINW5740EZ5/AMS_Wordmark_Deep_Purple_RGB.jpg?format=300w</a>	17.6KB	14.9KB

**Low** **Efficiently encode images** Potential savings of 38.2KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1596449772403-KLE05CWZMDC9AUJVVU_L4G/shutterstock_421992205.jpg?format=1500w">https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1596449772403-KLE05CWZMDC9AUJVVU_L4G/shutterstock_421992205.jpg?format=1500w</a>	241KB	25.8KB
<a href="https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1614101216129-R7J1BKFGHXINW5740EZ5/AMS_Wordmark_Deep_Purple_RGB.jpg?format=300w">https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1614101216129-R7J1BKFGHXINW5740EZ5/AMS_Wordmark_Deep_Purple_RGB.jpg?format=300w</a>	17.6KB	12.5KB

**Low** **Ensure text remains visible during webfont load** FCP LCP 7 fonts found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
<a href="https://use.typekit.net/af/23e139/00000000000000007735e605/30/?subset_id=2&amp;fvd=n5&amp;v=3">https://use.typekit.net/af/23e139/00000000000000007735e605/30/?subset_id=2&amp;fvd=n5&amp;v=3</a>	19ms
<a href="https://use.typekit.net/af/78aca8/00000000000000007735e60d/30/?subset_id=2&amp;fvd=n6&amp;v=3">https://use.typekit.net/af/78aca8/00000000000000007735e60d/30/?subset_id=2&amp;fvd=n6&amp;v=3</a>	21ms
<a href="https://use.typekit.net/af/efe4a5/00000000000000007735e609/30/?subset_id=2&amp;fvd=n4&amp;v=3">https://use.typekit.net/af/efe4a5/00000000000000007735e609/30/?subset_id=2&amp;fvd=n4&amp;v=3</a>	21ms
<a href="https://use.typekit.net/af/2555e1/00000000000000007735e603/30/?subset_id=2&amp;fvd=n7&amp;v=3">https://use.typekit.net/af/2555e1/00000000000000007735e603/30/?subset_id=2&amp;fvd=n7&amp;v=3</a>	20ms
<a href="https://use.typekit.net/af/3322cc/00000000000000007735e616/30/?subset_id=2&amp;fvd=i4&amp;v=3">https://use.typekit.net/af/3322cc/00000000000000007735e616/30/?subset_id=2&amp;fvd=i4&amp;v=3</a>	5ms
<a href="https://use.typekit.net/af/144da4/00000000000000007735e619/30/?subset_id=2&amp;fvd=i6&amp;v=3">https://use.typekit.net/af/144da4/00000000000000007735e619/30/?subset_id=2&amp;fvd=i6&amp;v=3</a>	5ms
<a href="https://use.typekit.net/af/4de20a/00000000000000007735e604/30/?subset_id=2&amp;fvd=i7&amp;v=3">https://use.typekit.net/af/4de20a/00000000000000007735e604/30/?subset_id=2&amp;fvd=i7&amp;v=3</a>	6ms

**Low** **Reduce unused CSS** FCP LCP Potential savings of 101KB

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://static1.squarespace.com/static/versioned-site-css/5f217066f0d7cc20f98210ff/145/5c5a519771c10ba3470d8101/5f217067f0d7cc20f9821119/1501/site.css">https://static1.squarespace.com/static/versioned-site-css/5f217066f0d7cc20f98210ff/145/5c5a519771c10ba3470d8101/5f217067f0d7cc20f9821119/1501/site.css</a>	115KB	101KB

**Low** **Serve images in next-gen formats** Potential savings of 224KB

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://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1596449772403-KLE05CWZMDC9AUJVU_L4G/shutterstock_421992205.jpg?format=1500w">https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1596449772403-KLE05CWZMDC9AUJVU_L4G/shutterstock_421992205.jpg?format=1500w</a>	241KB	133KB
<a href="https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/3a165e09-4905-4275-a037-4281498b5d8f/TUG_MASTER_WHT.png?format=1500w">https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/3a165e09-4905-4275-a037-4281498b5d8f/TUG_MASTER_WHT.png?format=1500w</a>	119KB	74.7KB
<a href="https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1614101216129-R7J1BKFGHXINW5740EZ5/AMS_Wordmark_Deep_Purple_RGB.jpg?format=300w">https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1614101216129-R7J1BKFGHXINW5740EZ5/AMS_Wordmark_Deep_Purple_RGB.jpg?format=300w</a>	17.6KB	15.3KB

**Low** **Avoid non-composited animations** CLS 11 animated elements found

Animations which are not composited can be janky and increase CLS.



## ELEMENT

## NAME

## About Us

```
<a class="header-nav-folder-title preSlide slideIn" href="/about-us" tabindex="-1" data-animation-role="header-element" style="transition-timing-function: ease; transition-duration: 0.8s;">
```

Effect has unsupported timing parameters

opacity

## Europe's leading tech executive search, networking and advisory firm

```
<h1 style="white-space: pre-wrap; transition-timing-function: ease;" class="preSlide slideIn">
```

Effect has unsupported timing parameters

opacity

body#collection-5f2173fc3e523376b416e2f6 > div.sqs-cookie-banner-v2 > div.sqs-cookie-banner-v2-text > p.preFade

```
<p class="preFade fadeIn" style="transition-timing-function: ease; transition-duration: 0.8s;">
```

Effect has unsupported timing parameters

opacity

body#collection-5f2173fc3e523376b416e2f6 > div.sqs-cookie-banner-v2 > div.sqs-cookie-banner-v2-text > p.preFade

```
<p class="preFade fadeIn" style="transition-timing-function: ease; transition-duration: 0.8s;">
```

Effect has unsupported timing parameters

opacity

## Get In Touch

```
<div class="header-actions-action header-actions-action--cta preSlide slideIn" data-animation-role="header-element" style="transition-timing-function: ease; transition-duration: 0.8s;">
```

Effect has unsupported timing parameters

opacity

## Expert Interviews

```
<a class="header-nav-folder-title preSlide slideIn" href="/expert-interviews" tabindex="-1" data-animation-role="header-element" style="transition-timing-function: ease; transition-duration: 0.8s;">
```

Effect has unsupported timing parameters

opacity

## Executive Search

```
<a class="header-nav-folder-title preSlide slideIn" href="/executive-search" tabindex="-1" data-animation-role="header-element" style="transition-timing-function: ease; transition-duration: 0.8s;">
```

Effect has unsupported timing parameters

opacity

## Leadership Assessment

```
<a href="/leadership-assessment" data-animation-role="header-element" class="preSlide slideIn" style="transition-timing-function: ease; transition-duration: 0.8s;">
```

Effect has unsupported timing parameters

opacity

We only use necessary cookies that help make our website usable by enabling bas...

```
<p class="preFade fadeIn" style="white-space: pre-wrap; transition-timing-function: ease;">
```

Effect has unsupported timing parameters

opacity

## Join Us

```
<a class="header-nav-folder-title preSlide slideIn" href="/careers" tabindex="-1" data-animation-role="header-element" style="transition-timing-function: ease; transition-duration: 0.8s;">
```

Effect has unsupported timing parameters

opacity

## Events

```
<a class="header-nav-folder-title preSlide slideIn" href="/network-events" tabindex="-1" data-animation-role="header-element" style="transition-timing-function: ease; transition-duration: 0.8s;">
```

Effect has unsupported timing parameters

opacity

Low

Reduce unused JavaScript LCP

Potential savings of 2.33MB

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://assets.squarespace.com/universal/scripts-compressed/common-261cb0c25c5d80000717-min.en-US.js">https://assets.squarespace.com/universal/scripts-compressed/common-261cb0c25c5d80000717-min.en-US.js</a>	2.65MB	2.12MB
<a href="https://assets.squarespace.com/universal/scripts-compressed/extract-css-moment-js-vendor-82d5a604aeb33b642fa7-min.en-US.js">https://assets.squarespace.com/universal/scripts-compressed/extract-css-moment-js-vendor-82d5a604aeb33b642fa7-min.en-US.js</a>	92.3KB	90.4KB
<a href="https://www.googletagmanager.com/gtag/js?id=G-1K19B9XQ8B">https://www.googletagmanager.com/gtag/js?id=G-1K19B9XQ8B</a>	94.1KB	42.6KB
<a href="https://assets.squarespace.com/universal/scripts-compressed/common-vendors-stable-e4ecc20640cb9864d426-min.en-US.js">https://assets.squarespace.com/universal/scripts-compressed/common-vendors-stable-e4ecc20640cb9864d426-min.en-US.js</a>	69.4KB	40.7KB
<a href="https://assets.squarespace.com/universal/scripts-compressed/common-vendors-1f4024b64315c2afc35d-min.en-US.js">https://assets.squarespace.com/universal/scripts-compressed/common-vendors-1f4024b64315c2afc35d-min.en-US.js</a>	152KB	40.3KB

N/A **Largest Contentful Paint element** LCP 1,590 ms

This is the largest contentful element painted within the viewport.

#### ELEMENT

Europe's leading tech executive search, networking and advisory firm

```
<h1 style="white-space: pre-wrap; transition-timing-function: ease;" class="preSlide slideIn">
```

PHASE	% OF LCP	TIMING
TTFB	4%	66ms
Load Delay	0%	0ms
Load Time	0%	0ms
Render Delay	96%	1.5s

N/A **Eliminate render-blocking resources** FCP LCP Potential savings of 11ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
<a href="https://static1.squarespace.com/static/versioned-site-css/5f217066f0d7cc20f98210ff/145/5c5a519771c10ba3470d8101/5f217067f0d7cc20f9821119/1501/site.css">https://static1.squarespace.com/static/versioned-site-css/5f217066f0d7cc20f98210ff/145/5c5a519771c10ba3470d8101/5f217067f0d7cc20f9821119/1501/site.css</a>	115KB	1.8s
<a href="https://use.typekit.net/ik/f_FCW0qijgy1VF1-U_M4TzpAesSErOSWprfqIEQwrTtfeTtlfFHN4UJLFRbh52jhWDmcwRlaw2jh_ZRggFhFRwRgc5Q6kwQgcZy7QMkG0jAFu-WsoShFGZAsude80ZkoRdhXCHKoyjamTiy8Djby8ZYmC-Ao1Oco8if37OcbCde81jWszSKuc-AZ8OWF8ZQ90SaBujW48Sagyjh90jhNIOFg0jWw0dA9CHKoDSWmyScmDSeBRZWFR-emqjAUTdcS0jhNIOeBRiA8XpWFR-emqjAUTdcS0jhNIOeBRiA8XpWFR-emqjAUTdcS0dcmXOeBCde81jWszSKuc-AZ8OWF8ZQ90SaBujW48Sagyjh90jhNIOeBDocu8OeUzjhBC-eNDifUDSWmyScmDSeBRZWFR-emqjAUTdcS0jhNIOYsGZWm3Za4ziW_M0jhNIOYiaikoyjamTiy8Djby8ZYmC-Ao1OcfzdpUaiaS0jAFu-WsoShFGZAsude80ZkoZWbCiaiaOcbCde81jWszSKuc-AZ8OWF8ZQ90SaBujW48Sagyjh90jhNIOYiaikoySkolZPUaiaS0SaBujW48SagyjhmDjhy8ZYmC-Ao1OcfzdpUaiaS0iey8jWg1ScNuSfoRdhXK2YgkdayTdAlldcNhjPG4fhVgIMMjgfmfH6GJCwbgIMMjgPmfH6gJnbIbMg6eJMj7fbKOMsMMMeMS6MKG4fOMgIMMj2KMfH6qJn6IbMg6bJMj7fbKwMsMMMegl6MTMgijWETbj.js">https://use.typekit.net/ik/f_FCW0qijgy1VF1-U_M4TzpAesSErOSWprfqIEQwrTtfeTtlfFHN4UJLFRbh52jhWDmcwRlaw2jh_ZRggFhFRwRgc5Q6kwQgcZy7QMkG0jAFu-WsoShFGZAsude80ZkoRdhXCHKoyjamTiy8Djby8ZYmC-Ao1Oco8if37OcbCde81jWszSKuc-AZ8OWF8ZQ90SaBujW48Sagyjh90jhNIOFg0jWw0dA9CHKoDSWmyScmDSeBRZWFR-emqjAUTdcS0jhNIOeBRiA8XpWFR-emqjAUTdcS0jhNIOeBRiA8XpWFR-emqjAUTdcS0dcmXOeBCde81jWszSKuc-AZ8OWF8ZQ90SaBujW48Sagyjh90jhNIOeBDocu8OeUzjhBC-eNDifUDSWmyScmDSeBRZWFR-emqjAUTdcS0jhNIOYsGZWm3Za4ziW_M0jhNIOYiaikoyjamTiy8Djby8ZYmC-Ao1OcfzdpUaiaS0jAFu-WsoShFGZAsude80ZkoZWbCiaiaOcbCde81jWszSKuc-AZ8OWF8ZQ90SaBujW48Sagyjh90jhNIOYiaikoySkolZPUaiaS0SaBujW48SagyjhmDjhy8ZYmC-Ao1OcfzdpUaiaS0iey8jWg1ScNuSfoRdhXK2YgkdayTdAlldcNhjPG4fhVgIMMjgfmfH6GJCwbgIMMjgPmfH6gJnbIbMg6eJMj7fbKOMsMMMeMS6MKG4fOMgIMMj2KMfH6qJn6IbMg6bJMj7fbKwMsMMMegl6MTMgijWETbj.js</a>	6.88KB	153ms

N/A **Reduce initial server response time** FCP LCP Root document took 45ms

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

URL	TIME SPENT
<a href="https://www.theupgroup.com/">https://www.theupgroup.com/</a>	45ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 19.2KB

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://assets.squarespace.com/universal/scripts-compressed/common-261cb0c25c5d80000717-min.en-US.js">https://assets.squarespace.com/universal/scripts-compressed/common-261cb0c25c5d80000717-min.en-US.js</a>	17.0KB
Line:6 Column:26364	@babel/plugin-transform-classes
Line:6 Column:186919	@babel/plugin-transform-regenerator
Line:35 Column:103964	Array.prototype.fill
Line:35 Column:104110	Array.prototype.filter
Line:35 Column:104371	Array.prototype.findIndex
Line:35 Column:105062	Array.prototype.find
Line:35 Column:105800	Array.prototype.forEach
Line:35 Column:105959	Array.from
Line:35 Column:106628	Array.isArray
Line:35 Column:107712	Array.prototype.map
Line:35 Column:107987	Array.of
Line:35 Column:110073	Array.prototype.some
Line:35 Column:114423	Object.defineProperties
Line:35 Column:114582	Object.defineProperty
Line:35 Column:114976	Object.entries
Line:35 Column:115174	Object.freeze
Line:35 Column:115775	Object.getOwnPropertyDescriptors
Line:35 Column:116462	Object.getPrototypeOf
Line:35 Column:116697	Object.isExtensible
Line:35 Column:116901	Object.isFrozen
Line:35 Column:117142	Object.isSealed
Line:35 Column:117441	Object.keys
Line:35 Column:118189	Object.preventExtensions
Line:35 Column:118762	Object.seal
Line:35 Column:118905	Object.setPrototypeOf
Line:35 Column:119124	Object.values
Line:35 Column:127022	String.prototype.codePointAt
Line:35 Column:128299	String.fromCodePoint
Line:35 Column:131926	String.raw
Line:35 Column:132155	String.prototype.repeat
<a href="https://static1.squarespace.com/static/vta/5c5a519771c10ba3470d8101/scripts/site-bundle.4df6f348a832dc61e261a099a8ca9b31.js">https://static1.squarespace.com/static/vta/5c5a519771c10ba3470d8101/scripts/site-bundle.4df6f348a832dc61e261a099a8ca9b31.js</a>	2.10KB
Line:1 Column:9127	@babel/plugin-transform-classes
Line:1 Column:50220	@babel/plugin-transform-regenerator
<a href="https://static1.squarespace.com/static/vta/5c5a519771c10ba3470d8101/scripts/video-background.1765b0dac8f34e64fd7.js">https://static1.squarespace.com/static/vta/5c5a519771c10ba3470d8101/scripts/video-background.1765b0dac8f34e64fd7.js</a>	63B
Line:0 Column:69610	@babel/plugin-transform-classes
<a href="https://assets.squarespace.com/universal/scripts-compressed/common-vendors-1f4024b64315c2afc35d-min.en-US.js">https://assets.squarespace.com/universal/scripts-compressed/common-vendors-1f4024b64315c2afc35d-min.en-US.js</a>	41B

Line:5 Column:111248

@babel/plugin-transform-cl  
asses

N/A **Avoid large layout shifts** CLS 1 element found

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

ELEMENT	CLS CONTRIBUTION
We only use necessary cookies that help make our website usable by enabling bas... <p class="preFade fadeIn" style="white-space: pre-wrap; transition-timing-function: ease;">	0.02

N/A **Minimize main-thread work** TBT Main-thread busy for 1.6s

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

CATEGORY	TIME SPENT
Other	713ms
Script Evaluation	550ms
Script Parsing & Compilation	181ms
Style & Layout	123ms
Parse HTML & CSS	28ms
Rendering	21ms
Garbage Collection	18ms

N/A **Reduce the impact of third-party code** TBT Third-party code blocked the main thread for 374ms

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>SQUARESPACE</b>	3.23MB	374ms
<ul style="list-style-type: none"> <li><a href="https://assets.squarespace.com/universal/scripts-compressed/common-261cb0c25c5d80000717-min-en-US.js">https://assets.squarespace.com/universal/scripts-compressed/common-261cb0c25c5d80000717-min-en-US.js</a></li> <li>Other resources</li> </ul>	2.65MB	374ms
<b>AKAMAI</b>	596KB	0ms
	12.0MB	0ms
<ul style="list-style-type: none"> <li><a href="https://103vod-adaptive.akamaized.net/exp=1709780427~acl=%2F5dd7ec8f-ef6f-4206-8024-2600e6b5b036%2F%2A~hmac=597c0ad01731af6e7211cd886241adab96c9ae27387483ac6913b13bb64da646/5dd7ec8f-ef6f-4206-8024-2600e6b5b036/sep/video/759db84d/chop/segment-3.m4s?r=dXM%3D">https://103vod-adaptive.akamaized.net/exp=1709780427~acl=%2F5dd7ec8f-ef6f-4206-8024-2600e6b5b036%2F%2A~hmac=597c0ad01731af6e7211cd886241adab96c9ae27387483ac6913b13bb64da646/5dd7ec8f-ef6f-4206-8024-2600e6b5b036/sep/video/759db84d/chop/segment-3.m4s?r=dXM%3D</a></li> <li><a href="https://103vod-adaptive.akamaized.net/exp=1709780427~acl=%2F5dd7ec8f-ef6f-4206-8024-2600e6b5b036%2F%2A~hmac=597c0ad01731af6e7211cd886241adab96c9ae27387483ac6913b13bb64da646/5dd7ec8f-ef6f-4206-8024-2600e6b5b036/sep/video/759db84d/chop/segment-2.m4s?r=dXM%3D">https://103vod-adaptive.akamaized.net/exp=1709780427~acl=%2F5dd7ec8f-ef6f-4206-8024-2600e6b5b036%2F%2A~hmac=597c0ad01731af6e7211cd886241adab96c9ae27387483ac6913b13bb64da646/5dd7ec8f-ef6f-4206-8024-2600e6b5b036/sep/video/759db84d/chop/segment-2.m4s?r=dXM%3D</a></li> <li><a href="https://103vod-adaptive.akamaized.net/exp=1709780427~acl=%2F5dd7ec8f-ef6f-4206-8024-2600e6b5b036%2F%2A~hmac=597c0ad01731af6e7211cd886241adab96c9ae27387483ac6913b13bb64da646/5dd7ec8f-ef6f-4206-8024-2600e6b5b036/sep/video/759db84d/chop/segment-1.m4s?r=dXM%3D">https://103vod-adaptive.akamaized.net/exp=1709780427~acl=%2F5dd7ec8f-ef6f-4206-8024-2600e6b5b036%2F%2A~hmac=597c0ad01731af6e7211cd886241adab96c9ae27387483ac6913b13bb64da646/5dd7ec8f-ef6f-4206-8024-2600e6b5b036/sep/video/759db84d/chop/segment-1.m4s?r=dXM%3D</a></li> <li>Other resources</li> </ul>	4.06MB	0ms
	3.78MB	0ms
	3.39MB	0ms
<b>SQUARESPACE-CDN.COM</b>	832KB	0ms
	381KB	0ms
<ul style="list-style-type: none"> <li><a href="https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1596449772403-KLE05C-WZMDC9AUJVL4G/shutterstock_421992205.jpg?format=1500w">https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/1596449772403-KLE05C-WZMDC9AUJVL4G/shutterstock_421992205.jpg?format=1500w</a></li> <li><a href="https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/3a165e09-4905-4275-a037-4281498b5d8f/TUG_MASTER_WHT.png?format=1500w">https://images.squarespace-cdn.com/content/v1/5f217066f0d7cc20f98210ff/3a165e09-4905-4275-a037-4281498b5d8f/TUG_MASTER_WHT.png?format=1500w</a></li> <li>Other resources</li> </ul>	241KB	0ms
	119KB	0ms
<b>VIMEO</b>	21.1KB	0ms
<ul style="list-style-type: none"> <li><a href="https://f.vimeocdn.com/p/4.28.13/js/player.module.js">https://f.vimeocdn.com/p/4.28.13/js/player.module.js</a></li> <li><a href="https://f.vimeocdn.com/p/4.28.13/js/vendor.module.js">https://f.vimeocdn.com/p/4.28.13/js/vendor.module.js</a></li> <li><a href="https://i.vimeocdn.com/video/932785620-355c8edd96d99a1a3d910c259b1a64b9ad2139b11a1fd63fcb1da1fa45a871b-d?mw=1500&amp;mh=792">https://i.vimeocdn.com/video/932785620-355c8edd96d99a1a3d910c259b1a64b9ad2139b11a1fd63fcb1da1fa45a871b-d?mw=1500&amp;mh=792</a></li> <li><a href="https://f.vimeocdn.com/p/4.28.13/css/player.css">https://f.vimeocdn.com/p/4.28.13/css/player.css</a></li> <li><a href="https://i.vimeocdn.com/video/932785620-355c8edd96d99a1a3d910c259b1a64b9ad2139b11a1fd63fcb1da1fa45a871b-d?mw=300&amp;mh=158">https://i.vimeocdn.com/video/932785620-355c8edd96d99a1a3d910c259b1a64b9ad2139b11a1fd63fcb1da1fa45a871b-d?mw=300&amp;mh=158</a></li> </ul>	355KB	0ms
	138KB	0ms
	100KB	0ms
	59.7KB	0ms
	21.9KB	0ms
	21.1KB	0ms
<b>ADOBE TYPEKIT</b>	124KB	0ms
<ul style="list-style-type: none"> <li><a href="https://use.typekit.net/af/4de20a/00000000000000007735e604/30/l?subset_id=2&amp;fvd=i7&amp;v=3">https://use.typekit.net/af/4de20a/00000000000000007735e604/30/l?subset_id=2&amp;fvd=i7&amp;v=3</a></li> <li><a href="https://use.typekit.net/af/3322cc/00000000000000007735e616/30/l?subset_id=2&amp;fvd=i4&amp;v=3">https://use.typekit.net/af/3322cc/00000000000000007735e616/30/l?subset_id=2&amp;fvd=i4&amp;v=3</a></li> <li><a href="https://use.typekit.net/af/144da4/00000000000000007735e619/30/l?subset_id=2&amp;fvd=i6&amp;v=3">https://use.typekit.net/af/144da4/00000000000000007735e619/30/l?subset_id=2&amp;fvd=i6&amp;v=3</a></li> <li><a href="https://use.typekit.net/af/2555e1/00000000000000007735e603/30/l?subset_id=2&amp;fvd=n7&amp;v=3">https://use.typekit.net/af/2555e1/00000000000000007735e603/30/l?subset_id=2&amp;fvd=n7&amp;v=3</a></li> <li><a href="https://use.typekit.net/af/78aca8/00000000000000007735e60d/30/l?subset_id=2&amp;fvd=n6&amp;v=3">https://use.typekit.net/af/78aca8/00000000000000007735e60d/30/l?subset_id=2&amp;fvd=n6&amp;v=3</a></li> <li>Other resources</li> </ul>	17.1KB	0ms
	17.0KB	0ms
	16.8KB	0ms
	16.6KB	0ms
	16.5KB	0ms
	40.0KB	0ms
<b>GOOGLE TAG MANAGER</b>	94.1KB	0ms
<ul style="list-style-type: none"> <li><a href="https://www.googletagmanager.com/gtag/js?id=G-1K19B9XQ8B">https://www.googletagmanager.com/gtag/js?id=G-1K19B9XQ8B</a></li> </ul>	94.1KB	0ms
<b>GOOGLE CDN</b>	30.0KB	0ms
<ul style="list-style-type: none"> <li><a href="https://www.gstatic.com/eureka/clank/117/cast_sender.js">https://www.gstatic.com/eureka/clank/117/cast_sender.js</a></li> <li><a href="https://www.gstatic.com/cast/sdk/libs/sender/1.0/cast_framework.js">https://www.gstatic.com/cast/sdk/libs/sender/1.0/cast_framework.js</a></li> </ul>	15.4KB	0ms
	12.1KB	0ms

N/A

### User Timing marks and measures

No user timings and/or marks found.