



## Performance Report for: <https://insightlead.com/leadership-manag...>

Report generated: Thu, Mar 11, 2021 9:25 AM -0800

Test Server Location: Vancouver, Canada

Using: Chrome (Desktop) 86.0.4240.193, Lighthouse 6.3.0

A	Performance <b>97%</b>	Structure <b>99%</b>
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L. Contentful Paint <b>1.0s</b>	T. Blocking Time <b>14ms</b>	C. Layout Shift <b>0.01</b>
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### Top Issues

IMPACT	AUDIT	
Med-Low	<b>Use a Content Delivery Network (CDN)</b>	10 resources found
Low	<b>Reduce JavaScript execution time</b>	1.1 s
Low	<b>Serve static assets with an efficient cache policy</b>	2 resources found
Low	<b>Avoid an excessive DOM size</b>	321 elements
Low	<b>Avoid enormous network payloads</b>	Total size was 884 KiB

### Page Details



Total Page Size - 884KB



### 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.**

## Total Page Requests - 22



## About GTmetrix

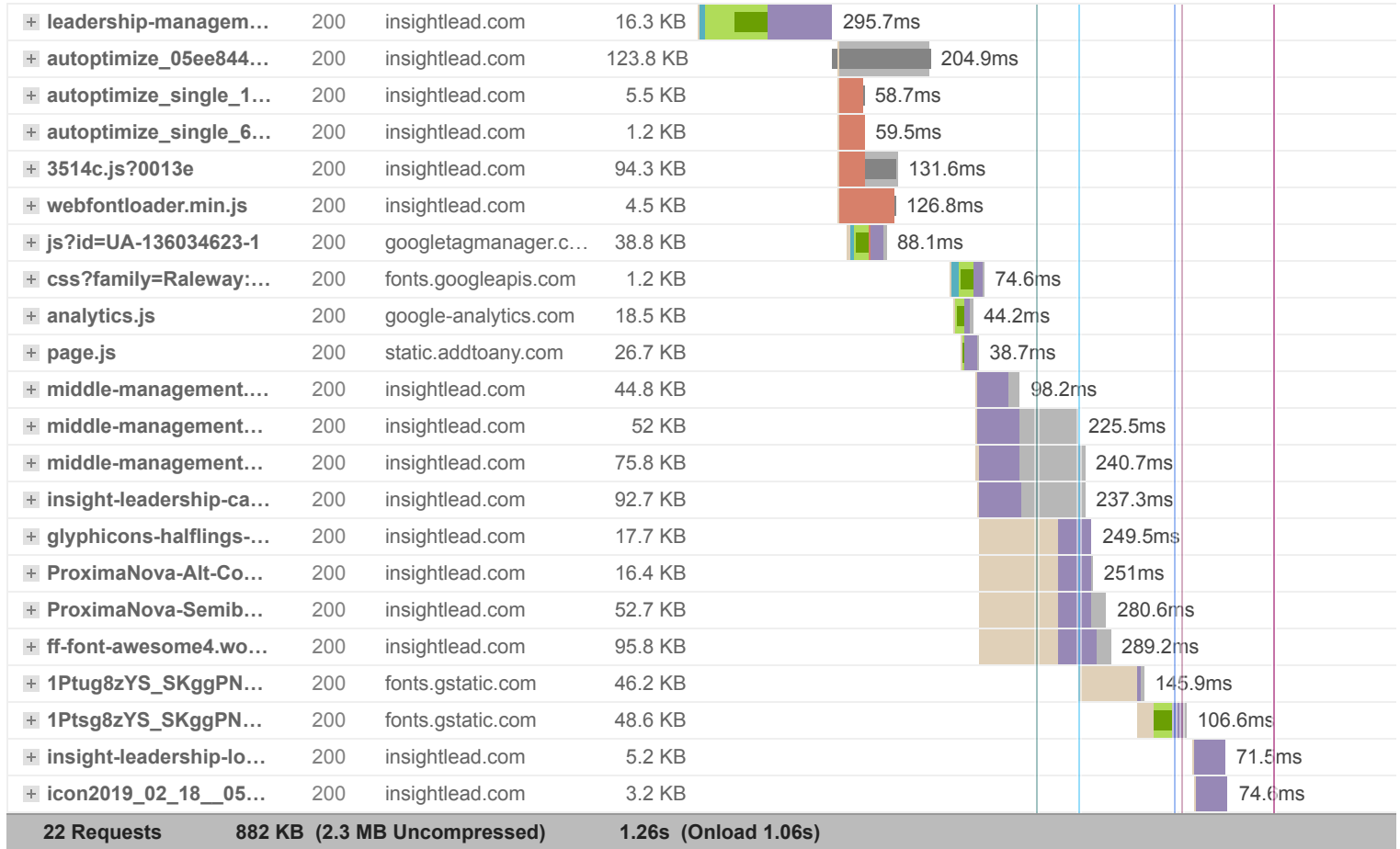


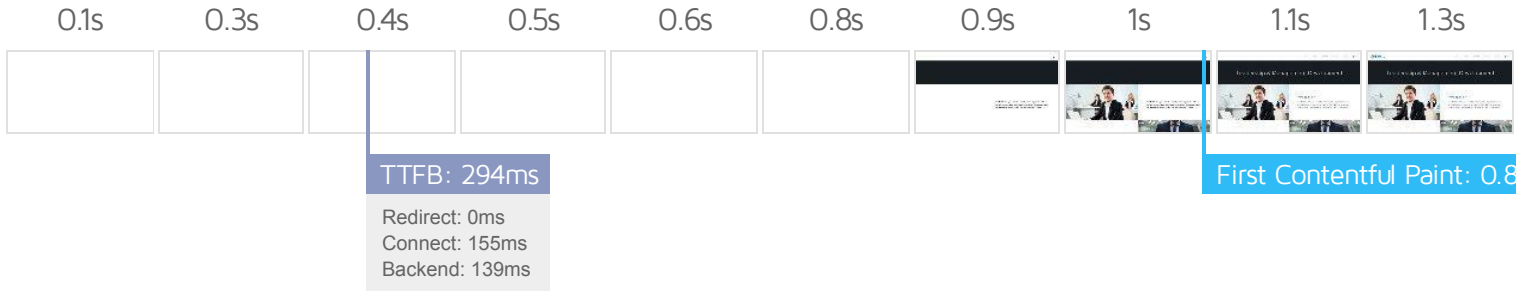
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 25 years experience in web technology.

<https://carbon60.com/>

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.

## Leadership & Management Development - Insight Leadership





### 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>0.8s</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>1.3s</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>0.9s</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>14ms</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>1.0s</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>0.01</b></p>

## Browser Timings

Redirect	0ms	Connect	155ms	Backend	139ms
TTFB	294ms	DOM Int.	0.6s	DOM Loaded	0.7s
First Paint	0.8s	Onload	1.1s	Fully Loaded	1.3s

IMPACT	AUDIT	
Med-Low	<b>Use a Content Delivery Network (CDN)</b>	10 resources found
Low	<b>Reduce JavaScript execution time</b>	1.1 s
Low	<b>Serve static assets with an efficient cache policy</b>	2 resources found
Low	<b>Avoid an excessive DOM size</b>	321 elements
Low	<b>Avoid enormous network payloads</b>	Total size was 884 KiB
Low	<b>Ensure text remains visible during webfont load</b>	
Low	<b>Avoid long main-thread tasks</b>	3 long tasks found
Low	<b>Remove unused CSS</b>	Potential savings of 120 KiB
Low	<b>Reduce initial server response time</b>	Root document took 140 ms
Low	<b>Defer offscreen images</b>	Potential savings of 93 KiB
Low	<b>Avoid large layout shifts</b>	3 elements found
Low	<b>Avoid chaining critical requests</b>	2 chains found
Low	<b>Remove unused JavaScript</b>	Potential savings of 107 KiB
N/A	<b>Largest Contentful Paint element</b>	1 element found
N/A	<b>Minimize main-thread work</b>	1.8 s
N/A	<b>Reduce the impact of third-party code</b>	Third-party code blocked the main thread for 0 ms

N/A	<b>Replace large JavaScript libraries with smaller alternatives</b>	0 large libraries found
N/A	<b>User Timing marks and measures</b>	