

# ARE YOU WORKING WELL?

## TAKE OUR 10-MINUTE WORKPLACE WELLBEING EVALUATION!

\*(Scale 1 being worst, 10 being best)

### General Wellbeing

1. Overall Satisfaction: How satisfied are you with the overall wellbeing initiatives in the organisation? (Scale 1-10).....
2. Work-Life Balance: How do you rate the work-life balance of employees across your organisation? (Scale 1-10).....
3. Job Satisfaction: How satisfied are employees with their job roles and responsibilities? (Scale 1-10).....
4. How many cases of sickness and absence have been reported in the last 12 months?.....

### Physical Health

5. Have staff received training on the benefits of physical activity and how this can improve their health? (Yes/No)
6. How often does your organisation promote physical activity programs? (Regularly, Occasionally, Rarely, Never) .....
7. Is physical activity built into the working environment? (Yes/No)
8. Ergonomics: Are employees' workstations ergonomically designed? (Yes/No)
9. Health Screenings: Are regular health screenings offered to employees? (Yes/No)
10. Break Policies: Are employees encouraged to take regular breaks? (Yes/No)

### Mental Health

11. Is there adequate mental health support and training available for employees? (Yes/No)
12. Do employees understand what stress is and how it's caused? (Yes/No)
13. Do employees understand how to build resilience? (Yes/No)
14. Workload Management: Are employee workloads generally manageable? (Yes/No)
15. Is there extra support available during busy periods? (Yes/No)
16. Burnout Prevention: Are there measures in place to prevent employee burnout? (Yes/No)

### Social Wellbeing

17. Team Relationships: How would you rate the quality of relationships between employees? (Very Good, Good, Neutral, Poor, Very Poor) .....
18. Communication Effectiveness: Is communication within teams effective? (Yes/No)
19. Social Activities: Are social activities organized regularly for employees? (Yes/No)

## Lifestyle

- 20. Do employees understand what a healthy and balanced diet is and how to achieve one? (Yes/No)
- 21. Does your organisation promote healthy eating habits? (Yes/No)
- 22. Do employees understand the current guidelines for safe alcohol consumption? (Yes/No)
- 23. Do staff members understand the risks associated with smoking? (Yes/No)
- 24. Is there support/ training available to help employees implement behaviour change? (Yes/No)
- 25. Do staff understand the importance of sleep on our wellbeing and productivity? (Yes/No)
- 26. Do staff understand how to manage sleep for better health? (Yes/No)

## Menopause

- 27. Is there appropriate support to help those experiencing the menopause? (Yes/No)
- 28. Do employees both male and female understand the different stages of menopause? (Yes/No)
- 29. Do employees understand how to recognise symptoms of menopause? (Yes/No)
- 30. Do staff members understand how to alleviate the symptoms of menopause? (Yes/No)

## Hybrid Working

- 31. Is there appropriate support/ training available for staff to understand how to manage hybrid working? (Yes/No)
- 32. Do employees understand their responsibilities surrounding health and safety when adopting hybrid working? (Yes/No)

## Work Environment

- 33. Workspace Comfort: How would employees rate the comfort of the physical workspace? (Very Comfortable, Comfortable, Neutral, Uncomfortable, Very Uncomfortable)  
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- 34. Noise Management: Are noise levels effectively managed in the workplace? (Yes/No)
- 35. Lighting Adequacy: Is the lighting in the workplace adequate? (Yes/No)
- 36. Cleanliness: How would you rate the cleanliness of the workplace? (Very Clean, Clean, Neutral, Unclean, Very Unclean)  
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## Organisational Support

- 37. Resource Allocation: Are sufficient resources allocated for health and wellbeing initiatives? (Yes/No)
- 38. Policy Awareness: Are health and wellbeing policies well-communicated and understood by employees? (Yes/No)
- 39. Participation Rates: What is the participation rate in health and wellbeing initiatives? (High, Moderate, Low)  
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## Evaluation

- 40. What positive changes have you observed in the organisation's health and wellbeing initiatives?  
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- 41. Which areas do you believe need further attention to improve the health and wellbeing of staff?  
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- 42. What additional support do you need from senior management to improve staff health and wellbeing?  
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If you would like to discuss your evaluation, get in touch with us at [info@wearerise.co.uk](mailto:info@wearerise.co.uk)