

Rate How Working Conditions Are Affecting Worker Wellbeing



Instructions:

Please answer these questions to give you an idea of how well your working conditions are affecting the wellbeing of you or your employees.

The items are numbered form 1 – 5 down the page. Tick the most relevant answer then add your score below to find out how well you rated.

1. I am clear about what is expected of me

- Never
- Seldom
- Sometimes
- Often
- Always

2. I have unachievable deadlines

- Never
- Seldom
- Sometimes
- Often
- Always

3. I am given supportive feedback on the work I do

- Never
- Seldom
- Sometimes
- Often
- Always

4. I am clear about the goals and objectives for my department

- Never
- Seldom
- Sometimes
- Often
- Always

5. I am pressured to work long hours

- Never
- Seldom
- Sometimes
- Often
- Always

6. I have unrealistic time pressures

- Never
- Seldom
- Sometimes
- Often
- Always

7. I have sufficient opportunities to question managers about changes at work

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

8. Staff are always consulted about changes at work

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

< 16 indicates a mismatch between worker expectation and management

16- 34 indicates better working conditions but there is room for improvement

⇒ 34 indicates that the working conditions appear to be matched with what a worker expects of management

For more information on how these Wellness Programs could work for your work environment and what they entail please click on this link and you will receive a document that outlines some available programs.

<https://celinehealy.com/consulting-2/>

I look forward to hearing from you soon

Best regards

Celine Healy

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