

## Health and Well-being\_Measuring staff wellbeing

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Measuring staff wellbeing

Do you feel stressed at work?

Outcome:

Do you feel adequately supported at work?

Outcome:

Do you feel equipped to manage your workload?

Outcome:

Do you have someone/somewhere to go for help?

*Where/who do you turn to if there is something wrong?*

Outcome:

Comments:

Would you like the opportunity to have counselling

Outcome:

What do you enjoy about your job?

Comments:

What do you not like?

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Comments:

Health and Well-being Check

Outcome:

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Comments:

## Criteria Appendix

### **| Do you feel stressed at work?**

Yes - Yes  
No - No  
N/A - N/A or Rather Not Answer

### **| Do you feel adequately supported at work?**

Yes - Yes  
No - No  
N/A - N/A or Rather Not Answer

### **| Do you feel equipped to manage your workload?**

Yes - Yes  
No - No  
N/A - N/A or Rather Not Answer

### **| Do you have someone/somewhere to go for help?**

Yes - Yes  
No - No  
N/A - N/A or Rather Not Answer

### **| Would you like the opportunity to have counselling**

Yes - Yes  
No - No  
N/A - N/A or Rather Not Answer

### **| Health and Well-being Check**

I'm Great - I'm Great  
I'm Okay - I'm Okay  
I'm So-So - I'm So-So  
I'm Struggling - I'm Struggling  
Hard Time - I'm Having a Hard Time  
I Need Help - I Need Help