

Workplace Wellbeing Survey

Your honest answers help us make this a healthier place to work. Fill the checkboxes completely using a blue or black pen. Responses are anonymous and confidential.

How work affects you

Please rate how much you agree with each statement.

Please cross one in each line

- My workload is manageable
- I can take breaks and time off when I need to
- My job does not cause me unhealthy levels of stress
- I feel supported by my manager and colleagues
- The company cares about my wellbeing
- I am able to switch off from work outside of hours

Strongly disagree	Disagree	Neutral	Agree	Strongly agree
☐	☐	☐	☐	☐
☐	☐	☐	☐	☐
☐	☐	☐	☐	☐
☐	☐	☐	☐	☐
☐	☐	☐	☐	☐
☐	☐	☐	☐	☐

Your overall wellbeing

How would you rate your overall wellbeing at work?

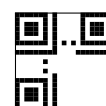
(Please cross one)

- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor

What would help improve wellbeing at work?

Thank you for taking the time to share how you feel. Please return this form to the collection box provided.

To respond ☒ or ☐



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