



Employee Recommended Workplace Award

BY THE FICHP AND THE MORNEAU SHEPELL

Employee Survey: Sample Questions



PHYSICAL

To what degree are you actively managing your weight?

How frequently do you participate in physical activity?

On an average night, how many hours do you sleep?

On average, how many hours a day are you sedentary (e.g., seated at work station, watching TV, on a computer, etc.)?

Are there any health concerns, issues or chronic conditions that are affecting your overall health?



MENTAL

I am optimistic about my future.

I am confident in my problem solving abilities under pressure.

My current mental health issues (e.g., depression, stress, anxiety or other mental health issues) are negatively affecting my work productivity and goals.

I struggle to relax and be calm.

I typically leave work feeling mentally and/or physically exhausted.



LIFE

I am successfully managing demands of my work and home life.

In my personal time, participating in hobbies, volunteering or charitable activities are important to me.

I am satisfied with my employer's work-life policies and practices (e.g., job flexibility to meet non-work demands).

Do you save money for retirement or other purposes on a regular basis?

I have people outside of the workplace who care about me.



WORK

Overall, I am satisfied with my job, because it provides me with a sense of personal success.

I am regularly given the chance to participate in meaningful training and development activities.

I am proud to work for this organization.

My direct manager's expectations of me are unclear.

How many days of work in total did you miss last year due to illness?