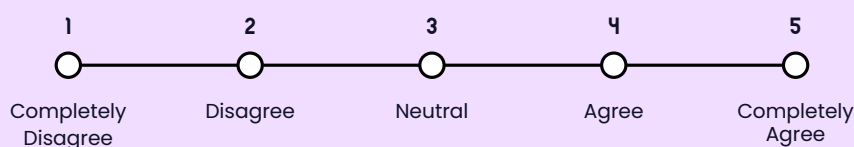


Employee Wellness Survey template

Periodically measuring your team's wellbeing will help foster a productive, engaged, and satisfied workforce. This Employee Wellness Survey Template is designed to provide you with the essential questions to gain insights into your employees' wellbeing.

Use a rating scale, with 1 meaning "completely disagree" and 5 "completely agree".



1. I feel supported at [your company] when I am dealing with personal or family issues.
2. I can maintain a healthy balance between my work and personal life.
3. My work does not negatively impact my personal life.
4. My workload is manageable.
5. I enjoy the work I do.
6. Generally, I feel happy at work.
7. [your company] provides the necessary support for dealing with work-related stress.
8. [your company] takes sufficient steps to promote employee well-being (resources, benefits, advice, etc.).
9. [your company] genuinely cares about the mental health of our team members.
10. We are genuinely supported if we choose to make use of flexible working arrangements.
11. I can arrange time off from work when I need to.
12. I feel my voice matters and my opinions are valued at [company name].
13. I believe [your company] effectively handles workplace conflicts and disagreements.
14. The level of communication within [your company] is satisfactory.
15. I feel appreciated for the work I do at [your company].
16. I see clear opportunities for personal growth and career development at [your company].
17. [your company] fosters a culture that promotes mental health and well-being.
18. The company takes timely and appropriate action based on our survey feedback.

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