

Team Health Check Questionnaire

The following questionnaire is designed to give your manager an insight into any potential areas of stress within the workplace to allow them to support you better in the future.

Your responses are strictly confidential.

- 1.** Are you clear about your job role or do you have conflicting job demands?

YES NO
- 2.** Are the demands of your job within the limits you can cope with?

YES NO
- 3.** Do you feel that you have reasonable control over your work?

YES NO
- 4.** Do you have sufficient support from peers and line managers?

YES NO
- 5.** Is there an imbalance of effort to reward in your job?

YES NO
- 6.** Do you feel your manager communicates well with you and are you able to participate in decision making?

YES NO
- 7.** Do you think any incidents of bullying and harassment are dealt with effectively?

YES NO
- 8.** Have you experienced excessive organisational change and/or uncertainty about job security without support from your manager?

YES NO

Please pass this questionnaire anonymously back to your manager to allow them to assess where any problem areas of stress may arise.