



Workplace Wellbeing Snapshot Survey

// The What Works Centre for Wellbeing has developed this suggested set of questions in collaboration with The Department for Work and Pensions to give a quick snapshot of how people are doing with respect to different aspects of wellbeing. So that you can support the wellbeing of your workforce, we recommend that you regularly ask your staff how they are doing using these questions.

Created by What Works Centre for Wellbeing; The Department for Work and Pensions



Category

Mental Wellbeing



Age Range

Staff

18 +

Interested in running this survey online, with instant reports? Contact...

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For each of the following question and statements, please provide answers which represent how you are truly feeling about things. There are no right or wrong answers.

I'd like you to give an answer on a scale of 0 to 10, where 0 is "not at all" and 10 is "completely"

Statements	0	1	2	3	4	5	6	7	8	9	10
Overall, how satisfied are you with your life nowadays?											
Overall, to what extent do you feel that the things you do in your life are worthwhile?											
Overall how happy did you feel yesterday?											
Overall, how anxious did you feel yesterday?											

On a scale of 1 to 7 where 1 means 'Completely dissatisfied' and 7 means 'Completely satisfied'...

Statements	1	2	3	4	5	6	7
How dissatisfied or satisfied are you with your present job overall?							

Statements	Very good	Good	Fair	Bad	Very Bad
How would you rate your overall physical health now?					
How would you rate your overall mental health now?					

Statements	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
I would recommend my organisation as a great place to work.					
I feel safe from threats and physical hazards in my current work environment.					
I am satisfied with my current physical working environment.					

For each of the following statements, please select the response which best describes your work situation...

Statements	Always	Most of the time	Sometimes	Rarely	Never
Your line manager helps and supports you.					
Your colleagues help and support you.					
Your headteacher helps and supports you.					
Your job gives you the feeling of work well done.					

Are there any other specific questions you think we should be asking as part of this wellbeing snapshot survey?

Are there any other comments you would like to share?