

			
Do you work long hours?			
Do you take work home with you?			
Are you regularly required to put your job before spending time with your family?			
Are there visible signs of stress?			
Do you trust your leadership team?			
Do you feel listened to?			
Are you recognised and rewarded for your contributions?			
Are you encouraged to be creative?			
Are you free from discrimination or any form of mental or emotional abuse?			
Are you properly trained to do your job?			
Are you supported through change?			
Is your manager equipped with the right skills and behaviours to support, motivate and lead you?			
YOUR TOTALS			