Workplace Wellness Assessment

CAMS for Early Childhood • Set Kids Up for Success

A leadership reflection tool for identifying strengths and opportunities related to staff wellness and workplace culture.

Workplace Culture

- Do employees feel respected?
- Are expectations clear?
- Is there psychological safety to raise concerns?

Communication

- Are important changes communicated consistently?
- Do employees know who to go to for help?
- Are difficult conversations handled respectfully?

Staff Support

- Are staff given appropriate breaks?
- Is help available during difficult moments?
- Are new employees supported and trained?

Self-Care & Well-Being

- Is self-care discussed without stigma?
- Are employees encouraged to use available supports?
- Does leadership model healthy boundaries?

Action Planning

Choose one strength to protect and one opportunity to improve. Identify the first small action, who owns it, and when you will check progress.

“Healthy workplaces are built intentionally.”

Notes