Workplace Wellness Assessment

CAMS Workplace Resources • Set Kids Up for Success

A leadership reflection tool to help employers look at the environment they are creating for the people who work there.

Workplace Culture

- ■ Employees are treated with respect.
- ■ Employees feel comfortable sharing concerns.
- ■ People feel valued for the work they do.
- ■ The workplace feels welcoming and inclusive.

Communication

- ■ Expectations are clear.
- ■ Important changes are communicated consistently.
- ■ Employees know who to go to when they need help.
- ■ Difficult conversations are handled respectfully.

Staff Support

- ■ Employees have appropriate opportunities to take breaks.
- ■ New employees receive support and guidance.
- ■ Employees can ask for help when they are struggling.
- ■ Leadership follows up on concerns.

Self-Care & Well-Being

- ■ Self-care is encouraged without judgment.
- ■ Employees are reminded that their well-being matters.
- ■ Leadership models healthy boundaries.
- ■ Resources are available when employees need additional support.

Reflection

What is one strength your workplace should protect? What is one area that could improve?

Action Step

Choose one small change you can make, who will be responsible for it, and when you will check progress.

“Healthy workplaces are built intentionally.”

Notes