Staff Wellness Check-In

CAMS for Early Childhood • Set Kids Up for Success

A simple check-in directors can use to understand how staff are experiencing the workplace and where support may be needed.

Rate Your Experience

Circle or mark one for each: 1 = strongly disagree, 5 = strongly agree.

Statements

- I feel supported by my team.
- I feel comfortable asking for help.
- I understand what is expected of me.
- I feel respected at work.
- My workload feels manageable.
- I receive recognition for my work.
- I have opportunities to communicate concerns.
- I feel that my well-being matters here.

Open-Ended Questions

- What is working well?
- What is one thing that would make your day easier?
- What support would be most helpful right now?
- What is one thing leadership could improve?

For Leadership

Look for themes rather than individual criticism. Share what you heard, identify one or two actions, and follow up.

“Listening is only the first step. What we do with what we hear matters.”

Notes

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