Staff Wellness Check-In

CAMS Workplace Resources • Set Kids Up for Success

A simple check-in to help employers understand how employees are feeling, what is working, and where additional support may be needed.

How Are You Feeling at Work?

- ■ Supported
- ■ Comfortable
- ■ Connected
- ■ Stressed
- ■ Overwhelmed
- ■ Disconnected
- ■ Frustrated
- ■ Motivated

Rate Your Experience

- ■ 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.

What Is Working Well?

What is something about your workplace that you would like to see continue?

What Could Be Better?

What is one thing that would make your workday easier or more positive?

What Support Would Help?

- ■ Better communication
- ■ More support from leadership
- ■ More team connection
- ■ More recognition
- ■ Self-care resources
- ■ Training or professional development
- ■ Help with workload
- ■ Other

For Employers

Use responses to identify themes—not to judge individual employees. Share what you heard and, when possible, take action on one or two realistic areas.

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

Notes

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