

# Team Health Check Questionnaire

The following questionnaire is designed to give your manager an insight into any potential areas of stress within the workplace to allow them to support you better in the future.

Your responses are strictly confidential.

- 1.** Are you clear about your job role or do you have conflicting job demands?  
 YES       NO
  
- 2.** Are the demands of your job within the limits you can cope with?  
 YES       NO
  
- 3.** Do you feel that you have reasonable control over your work?  
 YES       NO
  
- 4.** Do you have sufficient support from peers and line managers?  
 YES       NO
  
- 5.** Is there an imbalance of effort to reward in your job?  
 YES       NO
  
- 6.** Do you feel your manager communicates well with you and are you able to participate in decision making?  
 YES       NO
  
- 7.** Do you think any incidents of bullying and harassment are dealt with effectively?  
 YES       NO
  
- 8.** Have you experienced excessive organisational change and/or uncertainty about job security without support from your manager?  
 YES       NO

Please pass this questionnaire anonymously back to your manager to allow them to assess where any problem areas of stress may arise.