

Survey template: Employee health and wellbeing COVID-19 check in



The wellbeing of your employees is critical during these times. Short pulse surveys like the template below can help you to gather feedback on their current state of wellbeing and data for you to action. Run these surveys on a regular basis to keep track of how your organisation is doing, and capture any drastic changes early.

The survey questions on employee motivation, ability and psychological safety are informed by our [recent research](#) with the Wellbeing Lab.

1.

How would you rate your wellbeing after 4 weeks of remote working so far?



2.

To what extent are you planning and engaging in activities to support your mental and physical wellbeing?



3.

How has remote working affected your productivity and motivation?



4.

Please place yourself on the following scale in relation to the below items:

I feel completely able to manage my own wellbeing



I feel extremely motivated to improve my wellbeing



My team is a safe place to bring up problems and be honest about my mistakes



5.

What is helping you to successfully work from home?

6.

What additional support can we provide to help you successfully work from home?

7.

How else can we help you at this time?