

& Professional Supervision Coaching Centre

Please answer the following questions by circling the option that best represents how you feel with regards to your position at XY: 0 = Not at all (how you feel) to 4 = Extremely (representative of how you feel).

	Not at all	Slightly	Moderately	Very	Extremely
1. My work is fulfilling	0	1	2	3	4
2. In general terms, I trust the senior people in my organisation	0	1	2	3	4
3. My daily work activities give me a sense of direction and meaning	0	1	2	3	4
4. At a difficult time, my manager would be willing to lend an ear	0	1	2	3	4
5. My work eats into my private life	0	1	2	3	4
6. My work brings me a sense of satisfaction	0	1	2	3	4
7. I believe in the principles by which my employer operates	0	1	2	3	4
8. My manager is caring	0	1	2	3	4
9. I feel stressed in organizing my work time to meet demand	0	1	2	3	4
10. My work increases my sense of self-worth	0	1	2	3	4
11. I feel content with the way my employer treats its employees	0	1	2	3	4
12. My job allows me to re-craft my job to suit my needs	0	1	2	3	4
13. I feel that my manager is empathic and understanding about my work concerns	0	1	2	3	4
14. I feel excessively pressured at work to meet targets	0	1	2	3	4
15. My work makes me feel that, as a person, I am flourishing	0	1	2	3	4
16. I feel that my employer respects staff	0	1	2	3	4
17. My manager treats me as I would like to be treated	0	1	2	3	4
18. After work, I find it hard to wind down	0	1	2	3	4
19. I feel capable and effective in my work on a day-to-day basis	0	1	2	3	4
20. I am satisfied with my work's value system	0	1	2	3	4



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	Not at all	Slightly	Moderately	Very	Extremely
21. My manager shoulders some of my worries about work	0	1	2	3	4
22. I find myself thinking negatively about work outside work hours	0	1	2	3	4
23. My work offers challenges to advance my skills	0	1	2	3	4
24. Compared with my organisation's 'ideal values', to what degree are actual work values positive	0	1	2	3	4
25. I feel my transactions with my boss are, in general, positive	0	1	2	3	4
26. I feel that I can separate myself easily from my work when I leave for the day	0	1	2	3	4
27. I feel I have some level of independence at work	0	1	2	3	4
28. People at my work believe in the worth of the organization	0	1	2	3	4
29. I believe that my employer cares about their staff's wellbeing	0	1	2	3	4
30. My work impacts negatively on my self-esteem	0	1	2	3	4
31. I feel personally connected to my organization's values	0	1	2	3	4

**Adapted from the Work Well-Being Questionnaire (Parker & Hyett, 2011).*

Additional comments?

