

Wellness Leadership Quiz

How much of a wellness leader do you think you are?

1. I share the company wellness vision.
2. I confidently role model wellness behaviours, e.g. limiting visibility about negative behaviours such as bragging about long working hours.
3. Where I hold the responsibility, I have created touch points for wellness throughout formal and informal policies & procedures, rewards, communication and employee training.
4. I monitor and celebrate our team successes.
5. I can articulate the benefits of holistic ROI to my team.
6. There is a wellness 'story' woven into the fabric of my role.
7. I set goals and measures for wellness outcomes within the team.
8. I grant permission for my employees to participate in company wellness activities and I assertively deal with pushback.
9. I can confidently address concerns about wellness within my team.
10. I support my team, the business and the wider community we serve.

How many did you confidently answer?

Score 1 point for answering yes and 0 points for answering no.

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Score 10 out of 10:

You are a true wellness leader! Are you sure you answered honestly?! We are only joking; you are a superstar and please keep up this great work. What you are doing will truly shape the wellness culture in your workplace.

Score 7-9:

Great work! You are a consistent performer. Time to work on those marginal gains which will ensure you will be flying to the top spot in no time.

Score 4-6:

You are on the right path. A little more work is needed. Keep going; remember it is the small actions which can grow into the biggest impacts.

Score 1-3:

Are you sure you were not too hard on yourself? If not, do not worry, as this is your starting point. Pick one area you feel that works for you well and focus on that until it becomes second nature. Remember you still must be authentically you. Take your time and seek support and guidance from people around you.

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