

COVID-19 Employee Wellbeing Check

Participants



123

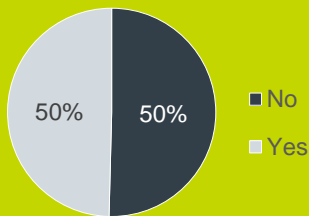


NSW, QLD,
WA, VIC



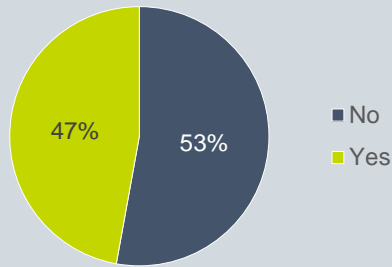
Health & aged care
Technology,
Professional services
Recruitment

Has the current COVID-19 situation impacted your employment roles and responsibilities?

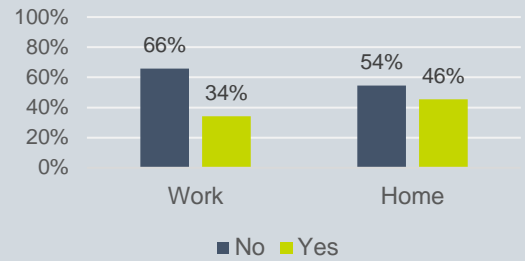


Impact on stress levels

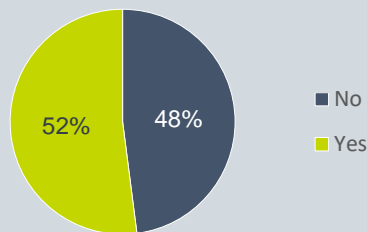
Do you feel that you are under greater stress than normal?



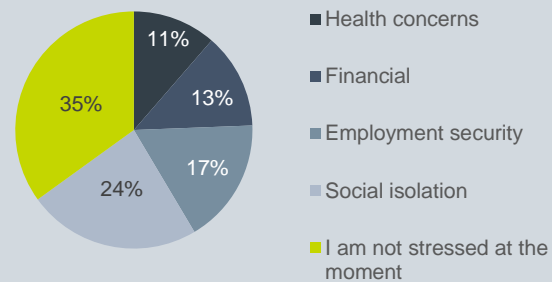
Has the COVID-19 situation affected the stress you experience through work or home?



Has your stress level increased in the last 4 weeks?

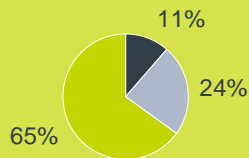


What is your main source of stress from the following four areas of your life?

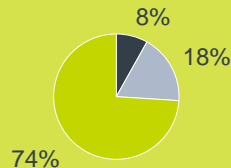


Impact on work engagement

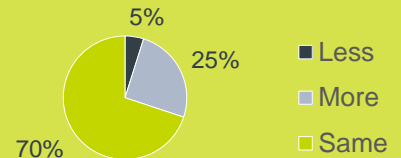
Do you feel more or less engaged in your work?



Do you feel more or less able to maintain focus on your tasks?



Do you feel more or less meaning from your work?



- **93%** felt they had defined goals
- Only **9%** felt they had unrealistic goals
- **97%** felt a sense of pride when they reached their goals

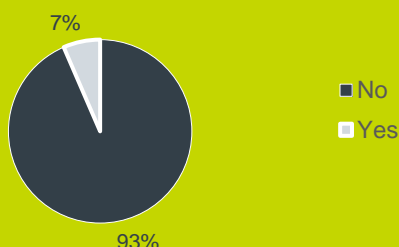


The current work situation...

- Meant less fulfilment for **15%** of respondents
- Prevented **10%** from looking forward to work the next day

Company reactions

Is your company glossing over the impact the Coronavirus is having on its employees?



Optimism and resilience

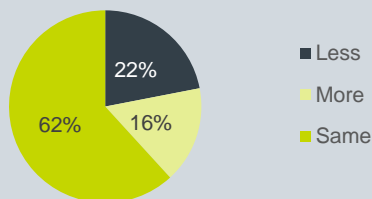


- **97%** felt they could work through setbacks effectively
- **93%** could find the positives despite the current situation
- **76%** felt they could inspire others to adopt an optimistic outlook

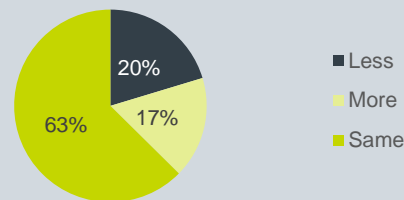
COVID-19 Employee Wellbeing Check (continued)

Teamwork and support

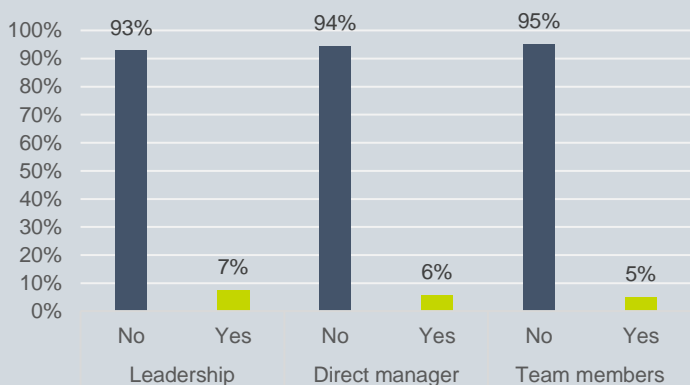
Do you feel that there are more or less opportunities to collaborate?



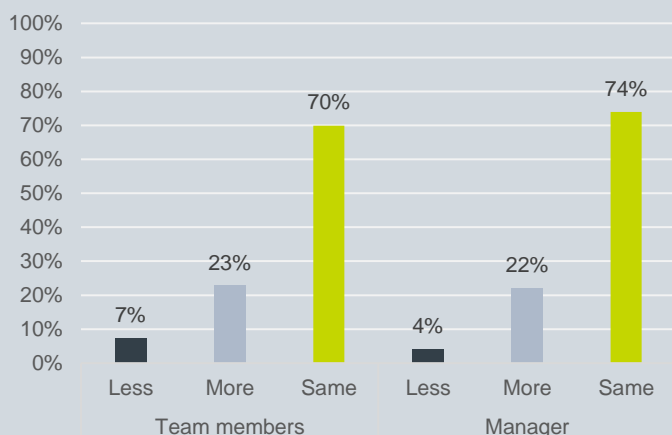
Do you feel more or less connected to your team members?



Do you feel unable or afraid to talk to leadership/your direct manager/your team members about your wellbeing?

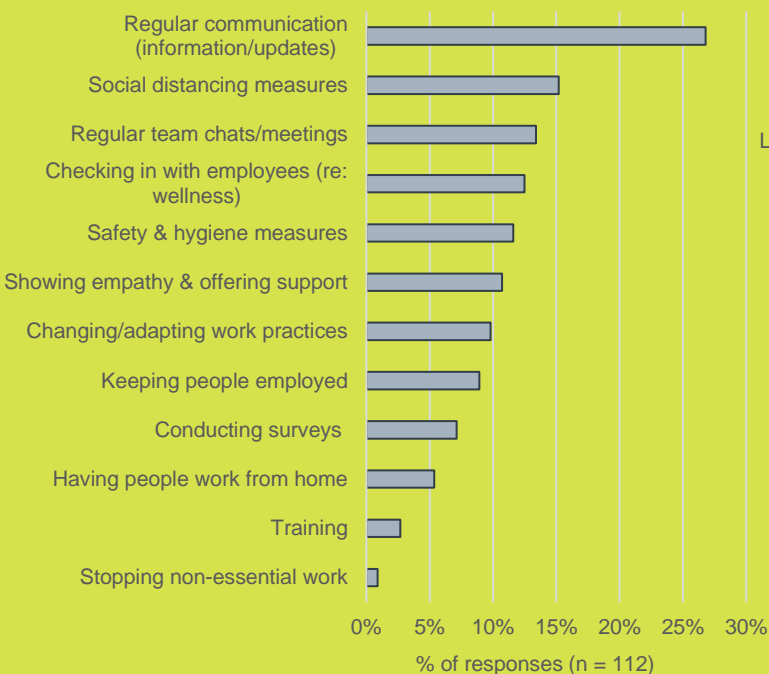


Do you feel like you can reach out more or less to your team members/manager for help?



Supporting employee wellbeing

What is something that is being done right now in the workplace that you consider to be HELPFUL for employee wellbeing?



What is something that is being done right now in the workplace that you consider to be UNHELPFUL for employee wellbeing?

