



VERMONT SCHOOL STAFF WELLNESS NEEDS AND INTEREST SURVEY



***We're applying for a VEHI staff Wellness Grant
Tell us what you need and want...***

This survey is purely confidential and anonymous.

The more we know about your needs, the better we can plan.
A good plan could help make work more enjoyable and satisfying.

1. Who are you?

Sex Male Female

Age Under 35 36-45 46-55 56-65 Over 66

Family Young Kids? Teenagers Kids in College
 Spouse/partner/significant other Parents at home

Do you have any physical limitations you want us to consider when planning activities? Please comment:

How confident do you feel in your knowledge of health topics?

- I'm a health nut! I know enough for my needs
 I know a bit I feel like I hardly know anything at all

2. Your Thoughts On The Physical & Social Environment:

What are the assets we have in our building for promoting your healthy behaviors?



What are the major physical barriers?

What are the Major emotional & social barriers? What do you think/feel is your biggest issue regarding your health? What might be behind those issues, reinforcing them?

What do you need the most help with professionally? Is this deficit affecting your health right now?

What do you like most about what's happening now – personally and professionally and with regard to your health?

What are you sincerely willing to do – and commit to?

What are you doing now?

- 3. What are your top 4 favorite wellness activities** - What do you really and truly enjoy doing to address your major health concerns?

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|-------|-------|
| _____ | _____ |
| _____ | _____ |

- 4. Please return to _____, by _____**
Thanks a ton!!

