

CGP WORKPLACE OUTCOME SUITE (HEALTH COACHING)

GENERAL INSTRUCTIONS

Below is a series of statements that refer to aspects of your work and life experience that may be affected by the health or lifestyle issue you want to address with the health coaching program during the past 30 days. Please read each item carefully and answer as accurately as you can.

INSTRUCTIONS FOR ITEMS 1-5		NUMBER OF HOURS					
Please report for the period of the past 30 days the total number of hours your health and lifestyle issue:							
ABSENTEEISM	1.	Caused you to miss work altogether.					
	2.	Made you late for work.					
	3.	Caused you to take off early.					
	4.	Pulled you away from your normal work location.					
	5.	Required you to be on the phone, e-mail or internet while at work.					
INSTRUCTIONS FOR ITEMS 6-25		STRONGLY DISAGREE	SOMEWHAT DISAGREE	NEUTRAL	SOMEWHAT AGREE	STRONGLY AGREE	
The following statements reflect what you may do or feel on the job or at home. Please indicate the degree to which you agree with each of the statements for the past 30 days. Use the 1-5 response key to the right.							
PRESENTEEISM	6.	I had a hard time doing my work because of my health or lifestyle issue.	1	2	3	4	5
	7.	My health or lifestyle issue kept me from concentrating on my work.	1	2	3	4	5
	8.	Because of my health or lifestyle issue, I was not able to enjoy my work.	1	2	3	4	5
	9.	My health or lifestyle issue made me worry about completing my tasks.	1	2	3	4	5
	10.	I could not do my job well because of my health or lifestyle issue.	1	2	3	4	5
WORK ENGAGEMENT	11.	I feel stimulated by my work.	1	2	3	4	5
	12.	I often think about work on my way to the work site.	1	2	3	4	5
	13.	I feel passionate about my job.	1	2	3	4	5
	14.	I am often eager to get to the work site to start the day.	1	2	3	4	5
	15.	I often find myself thinking about my work at home.	1	2	3	4	5
LIFE SATISFACTION	16.	My life is nearly perfect.	1	2	3	4	5
	17.	I am not very satisfied with my life as a whole.	1	2	3	4	5
	18.	So far, my life seems to be going very well.	1	2	3	4	5
	19.	There isn't anything about my life that I would change if I could.	1	2	3	4	5
	20.	I am very disappointed about the way my life has turned out.	1	2	3	4	5
WORKPLACE DISTRESS	21.	I often feel anxious at work.	1	2	3	4	5
	22.	Thinking about being at work makes me upset.	1	2	3	4	5
	23.	I am unhappy most of the time at work.	1	2	3	4	5
	24.	I dread going into work.	1	2	3	4	5
	25.	I can't wait to get away from work.	1	2	3	4	5

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