

Enjoying Work - Weekly Survey

Please answer the following three questions based on your experience of work in the past week. All responses are anonymous.

Enjoyment at work

In the past week at work, how often have you enjoyed being at work?
Please tick one of the following:

- Not at all
- Hardly at all
- A few times
- Fairly often
- Frequently

Burnout

Using your own definition of "burnout", please tick one of the options below:

- I enjoy my work. I have no symptoms of burnout
- I am under stress, and don't always have as much energy as I did, but I don't feel burned out
- I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion
- The symptoms of burnout that I am experiencing won't go away. I think about work frustrations a lot
- I feel completely burned out. I am at the point where I may need to seek help

Enjoyment at work

How likely are you to recommend your team as a place to work?
Please tick one of the following:

- | | |
|-------------------------|--------------------------|
| <input type="radio"/> 1 | <input type="radio"/> 6 |
| <input type="radio"/> 2 | <input type="radio"/> 7 |
| <input type="radio"/> 3 | <input type="radio"/> 8 |
| <input type="radio"/> 4 | <input type="radio"/> 9 |
| <input type="radio"/> 5 | <input type="radio"/> 10 |

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