



QUICK ASSESSMENT – TEAM WELL-BEING

Mark each statement with the appropriate column score (e.g. if you Agree, place "5" in Agree column for that statement, if you Disagree, place "0"):	Disagree (0)	Somewhat Agree (3)	Agree (5)
1. I am currently leading a well-established team that has went through the 'norming' stage of its development <i>prior</i> to the COVID-lockdown.			
2. My team members are adapting well to working remotely and this has become entrenched behaviour.			
3. My team members are adapting well to creating a new work-life balance structure given work-from-home dynamics.			
4. My team members are demonstrating strong resilience through high productivity, engagement, and empathy,			
5. No member of my team has received a poor or dissatisfactory performance rating recently.			
6. My team's absenteeism is not beyond what is considered normal.			
7. I have noticed NO increased level of conflict within my team since March 2020.			
8. I have noticed NO deterioration in communication within my team since March 2020.			
9. My team members are all demonstrating a curiosity to learn and grow in 2021 either through personal or professional development pursuits.			
10. I feel confident that my team will collaborate effectively to meet its objectives in 2021.			
TOTALS:			
ADD UP ALL TOTALS:			

Quick Score Interpretation:

- Score less than 30 – We strongly suggest team and/or individual intervention.
- Score 31-45 – Ideally team and/or individual intervention can improve your team's results.
- Score of 45-50 – Your team is in pretty good shape given the current challenges!

Please reach out to me to chat about any unique challenges your team is facing, or if you would like my assistance in working with your team – <https://marichenmortimer.com>