**Unit Assessment Sample Questions**

1. Do you feel well trained and can do your job competently and confidently? (To assess work competence and confidence)
2. Are you getting enough sleep to function in your job? Do you feel restored to return to work? (To assess rest and restoration are being met)
3. What activities do you do outside of work to take care of yourself? (To assess self-care at home)
4. What activities do you do at work to take care of yourself? (To assess self-care at work)
5. Do you feel you are getting enough time for meals, PT, to make a head call? (To assess restoration at work)
6. Describe any environmental stressors, such as noise, weather, smell from chemicals, computer etc. (To assess external stressors)
7. Describe the morale of your unit. (To assess unit morale)
8. Describe your personal morale in the workspace. (To assess personal morale)
9. Describe the communication with your peers, with other disciplines, those you commonly come in contact with. (To assess directorate and cross departmental communication)
10. Describe the great things about your job; what are the strengths? (To identify the positives in the workplace)
11. Describe your leadership; communication; are they supportive; do you receive recognition for your accomplishments, say thank you; are they approachable; do they provide opportunities for advancement, do they encourage and listen to ideas, etc. (To assess perception of leadership)
12. Describe your leadership's strengths. (To assess staff perception of what leadership is doing well)
13. What would you say are the negative effects of your job? (To assess potential weaknesses at the workplace) **Note:** This may not be necessary
14. Other questions from the unit/command leaders. Make these questions a normal part of the meeting. (Do not say, "Your leaders asked me to ask this..." or "this is what your leaders want to know" as this shifts the dynamics)