

Workbook_Managing Health & Wellbeing at Work
M2.S2: How to identify and support colleagues in need of help

FORMATIVE EVALUATION

The purpose of this segment is to offer you an opportunity to take stock of what you have gained from the program so far.

“Honest self-reflection opens your mind to reprogramming, change, success and freedom.”

There are No Right or Wrong answers to the 3 questions below. Please read the questions and spend some time in quiet reflection of your most honest response to them. All the Best!

1. What are 3 Things that you remember from this Module?

2. What are 2 Insights that you learned from this Module?

3. What is 1 Action you will take that will move you towards your goal?
