

**Workbook\_Managing Health & Wellbeing at Work**  
**Module 1: Understanding Employee Health & Mental Wellbeing**

**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?

---