



GLWS Evaluation Survey

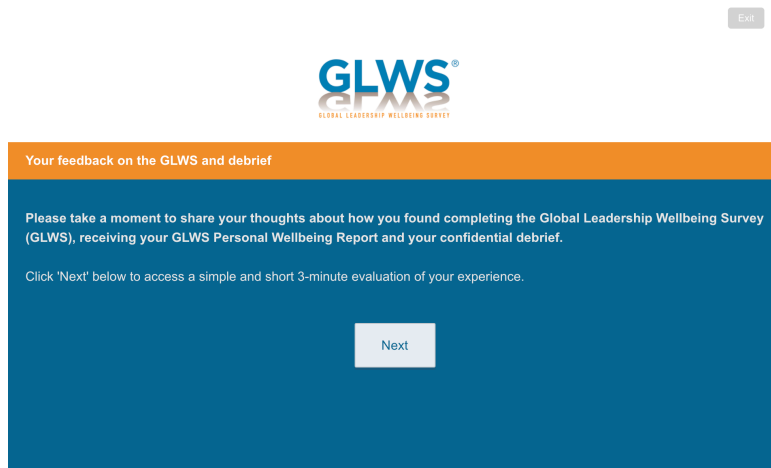
A note to our GLWS accredited community

At EEK & SENSE we are committed to continuous improvement fueled by research and evidence. Hence, it's really important and valuable for us to know how your clients are experiencing the GLWS and what impact this is having on them and their wellbeing. To this end, we have created an evaluation survey to measure the impact of the GLWS.

This document shares the survey content, explains how you can access and use the survey and how we will share the data that is collected.

Survey Content

1. The survey is hosted by Survey Monkey and is quick and simple to complete.



2. Respondents are asked to consider the following statement and rate their level of agreement with the options that follow:

As a result of completing the GLWS survey and receiving my Personal Report and confidential debrief.....

- ~ I have a better understanding of my wellbeing and the specific factors that affect it.
- ~ I have taken at least one positive step to improve my wellbeing.
- ~ I feel better equipped to proactively manage stress and pressure.
- ~ I have a better understanding of how the choices I make have an impact on my wellbeing (either positively or negatively).
- ~ My energy and/or performance levels have improved.
- ~ I am more observant of others' wellbeing.
- ~ I have had more and/or better conversations with my team/colleagues about their wellbeing.
- ~ My wellbeing at work has improved.
- ~ My wellbeing outside of work has improved.
- ~ I feel positive about this wellbeing initiative from my organisation.

The 5-point rating scales ranges from 'Strongly Agree' to 'Strongly Disagree'.

3. There are four final questions:
 - ~ Have you shared your experience and insights from the GLWS/debrief with anyone else?
 - ~ How likely is it that you would recommend GLWS to a friend or colleague?
 - ~ Do you have any further comments or suggestions about the GLWS?
 - ~ Your feedback is a gift. We'd like to share it with the person or company who provided your debrief. If you are comfortable to do so, please let us know the name of the person or the organisation who did your GLWs debrief.

Accessing the Evaluation Survey

1. This survey is accessible by using this link:
<https://www.surveymonkey.com/r/8XM32YW>
2. We encourage you to provide this link to your GLWS clients approximately 4 weeks after you have conducted their debrief (allowing time for their reflection and actions). Please see our handy wording for an email you can use overleaf.
3. As you can see above, we ask respondents to give the name of the person or company who provided their debrief if they are comfortable to do so. However, not many people to date have completed this! Hence, we can't guarantee to provide personalized feedback to you from the survey links you send out. Unless...
4. When you have a GLWS project with 15+ respondents, we can offer a customized evaluation service. This means:
 - ~ We co-brand the survey with your name/logo and/or your client's name/logo or project name.
 - ~ We can, if desired, co-create 2-3 additional survey questions to capture more specific feedback on your program
 - ~ We analyse the data and co-create a one-page infographic that captures the key findings (see sample following). This becomes an excellent resource for you and your client to show the positive impacts of your services (and the GLWS!).
 - ~ As there is some time involved in this for us (and design costs), we will pass on a fee of \$365+gst for this customized approach. This is equivalent to the cost of just one additional GLWS, and is a valuable selling point in your proposal to your client.
 - ~ We would also include any responses to your surveys in our data set when conducting the periodic analysis described above.
 - ~ When you place an order for a group of respondents, you can request a customized evaluation at the same time. We will then contact you to discuss the details and get this rolling.
 - ~ Please let us know if you have any questions about this option by emailing admin@glswellbeing.com

How we will share the data

We will review the data from the evaluation survey(s) periodically to see how many responses we are getting and what themes are coming through.

As soon as we meet key milestones in completions (e.g. 100, 200, 500) we will download the data and present the summary of this to our accredited community.

When we find any responses where you are named as the accredited coach/company, we will provide this feedback directly to you.

Sample wording for an email to your GLWS respondent

Dear XXX

I hope you are making progress on the wellbeing actions we discussed in the GLWS debrief session x weeks ago.

I am contacting you now to ask a favour and provide an opportunity for you to give some feedback on your experience of the wellbeing program / GLWS initiative. Your responses will contribute to a research project exploring leaders' wellbeing across a wide range of organisations globally.

Here is a link to a simple, 3-minute survey that asks what has changed for you as a result of completing GLWS, receiving your Personal Wellbeing Report and having the debrief session.

<https://www.surveymonkey.com/r/8XM32YW>

The survey results will go directly to the GLWS team who are conducting this research.

If you have any questions, please let me know.

Please see a sample of an infographic showing the results of a customized evaluation survey overleaf.

Senior Scientists put GLWS to the test: a benefit & impact evaluation of 50+ leaders

83%



have a **better understanding of my wellbeing** and the specific factors that affect it.

81.2%



have taken at least **one positive step** to improve their wellbeing.



“My energy and/or performance levels have improved.”

42%
agree

39.6%
neither agree nor disagree

18.9%
disagree

72%



have had **more and/or better conversations** with my team/colleagues about their wellbeing.

79%



say they're **more observant** of others' wellbeing.

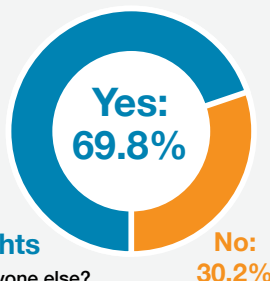
85%



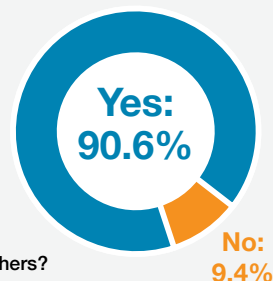
feel positive about this wellbeing initiative from my organisation.



Have you **shared your experience and insights** from the GLWS/debrief with anyone else?



Would you **recommend the GLWS/debrief** to others?



Data provided by 53 leaders who completed the GLWS survey and had one debrief session

Copyright © EEK & SENSE Partners 2020. All rights reserved.