

Company London Hydro Date Nov 30

Consultant's Name Rose

Location 111 Horton St Your Name Andrea

Employee Wellness Solutions Network Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 5
How would you rate the professionalism of the consultant?	1 2 3 4 5
How would you rate the communication skills of the consultant?	1 2 3 4 5
How involved did you feel in deciding next steps for your health?	1 2 3 4 5
What motivated you to book a consultation?	<i>Healthy eating goals.</i>
What did you like most about the consultation?	<i>Gave food suggestions Discussed stress</i>
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	YES NO
Please explain	<i>Goals are easy to achieve.</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	YES NO
Is your wellness consultation something that you feel is important within your work place?	YES NO
Please explain	<i>Provides motivation</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Increase fruit and veggie consumption.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	Sometimes I forget.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Just having someone to chat with.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	None that I can think of.

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	She seems very fit, suggests yoga and walking for me.
Nutrition	5	Has given recipe ideas and tries to introduce me to new foods.
Stress management techniques	4	
Time-management	?	Never discussed.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company London Hydro

Date NOV 28/12

Consultant's Name Rose Koldenhof

Location _____

Your Name Will Madoce

Employee Wellness Solutions Network Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<u>3</u> 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>Making changes to life style</u>
What did you like most about the consultation?	<u>Personal friendly lots of good ideas</u>
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>Helping devolope a program that works for me.</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<u>I work shift and dont get physical activity so a work plan is needed</u>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Diet tips eating better
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	The advice she gives me is within my abilities and helps me reach my goals
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4 5</u> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	New ideas and workouts that work with my specific needs
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	using Protein and taking vitamins

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	lots of tips
Nutrition	5	Helpfull ideas
Stress management techniques	5	Helping with stress relief ideas
Time-management	5	Helping with planing and scheduling

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company LEF Date Nov-21-12
 Consultant's Name Arene
 Location LEF 116 Industry Your Name Maria C

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	<u>5</u>	6	7	8	9	10	+10
How helpful was the consultant? (1=not, 5=very)				1	2	3	4	<u>5</u>	
How would you rate the professionalism of the consultant?				1	2	3	4	<u>5</u>	
How would you rate the communication skills of the consultant?				1	2	3	4	<u>5</u>	
How involved did you feel in deciding next steps for your health?				1	2	3	<u>4</u>	5	
What motivated you to book a consultation?	<u>Well-being + getting fit</u>								
What did you like most about the consultation?	<u>Commitment, personality, wisdom</u>								
What areas of the consultation could use some improvement?									
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u>				NO				
Please explain	<u>Inspires, can customize a plan to fit budget + needs</u>								
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u>				NO				
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u>				NO				
Please explain									

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Eating for better digestive health
How often do you act on the advice given by the consultant?	All the time Sometimes Not very often
Please explain.	She makes suggestion to try out + ck suitability
Are there any topics that you wish were covered in your wellness consultations that are not?	YES NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 (4) 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	friend's positive mindset & recommendations
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	YES NO
What products or services has your consultant referred you to, if any?	Yoga - health supplements nutrient enriched foods

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	4	less discussion - but provides options
Nutrition	5	Expertise
Stress management techniques	5	Expertise
Time-management	3	less discussion - doesn't my skills

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Very Active: a lot to do in a busy schedule.
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How to fit it in a lifestyle where it is important. / Certainly a high priority to maintain

Company LEF Date NOV 30, 12

Consultant's Name Irene Dzerowicz

Location 529 Vaughan Road Your Name Eda Spaho

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	+10
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	5		
How would you rate the professionalism of the consultant?			1	2	3	4	5		
How would you rate the communication skills of the consultant?			1	2	3	4	5		
How involved did you feel in deciding next steps for your health?			1	2	3	4	5		
What motivated you to book a consultation?	I want to be healthy and make good choices								
What did you like most about the consultation?	Feedbacks you get from it etc and the goals you have								
What areas of the consultation could use some improvement?	None								
Do you feel that your consultant is able to help you achieve your goals?							YES		NO
Please explain									
Does your consultant give suggestions for lifestyle change that are achievable to you?							YES		NO
Is your wellness consultation something that you feel is important within your work place?							YES		NO
Please explain									

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I watch what I eat now and check the nutrition facts I eat food low in saturated fats and I exercise.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 <u>6</u> 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	Exercising, walking, swimming, biking eating healthy food.

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company London Hydro Date Nov. 28, 2012
 Consultant's Name Rose Koldenhoff
 Location Health & Safety Room Your Name Sophia Kalas

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 (+10)
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 (5)
How would you rate the professionalism of the consultant?	1 2 3 (4) 5
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	Program is free and available from my workplace during work hours - for FREE!
What did you like most about the consultation?	Helped me define & set personal wellness goals. I am never judged and I am always offered solutions.
What areas of the consultation could use some improvement?	It would be nice to have more time to spend with the consultant.
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	The goals that Rose set helped me set for myself are realistic. They are not goals that are impossible or unrealistic. They irritate me sometimes, but that's part of getting healthy.
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	Healthy people are happy people, which makes for a healthier workplace with fewer sick days and good employee moral.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Sometimes we are rushed to cover topics of interest as people are waiting before or after consultation, to see consultant - feels like 30 minutes isn't enough time to cover everything.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I have eliminated sweetener & ^{refined} sugar from my diet & increased the fruit/veggie servings through
How often do you act on the advice given by the consultant?	regular tracking (diary) All the time ← <u>sometimes</u> Not very often
Please explain.	I veer off course sometimes and go against my personal wellness goals.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <u>3</u> <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	It's a great way to track & evaluate my progress and keep me on course. She helps me recognize pitfalls, weaknesses so I can keep stay on course & not give up on my goals.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES NO
What products or services has your consultant referred you to, if any?	Naturopath, weight loss clinic, blood work, weight lifting equipment/exercise ball.

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	She is a ^{certified} Zumba fitness instructor
Nutrition	5	She understands the health benefits of every food and not so-good foods & impact on weight.
Stress management techniques	5	She is very well versed on benefits of yoga, pilates, meditation & breathing techniques - shows examples of
Time-management	5	Has made suggestions on how to work in fitness routine - by dividing it up, even on days when it feels impossible to exercise. etc.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	I think that this is an excellent program with a myriad of information and educational resources that every Canadian should know. We are so fortunate to have this program in our workplace and everyone should take advantage of it. Also, I think to make this effective program more effective, the Lunch n' Learns and info. sessions should be mandatory as part of our workplace training.
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Company Precision Date Nov. 27/2012
 Consultant's Name Gloria Vaughan
 Location Cambridge Your Name STEVE DUPE



Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey

One-on-One Consultations

How many wellness consultations have you had?	<u>3</u> 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 <u>4</u> 5
What motivated you to book a consultation?	<u>IMPROVE MY OVERALL HEALTH</u>
What did you like most about the consultation?	<u>FRIENDLY, KNOWLEDGE BASED, UNDERSTANDING</u>
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>DEALS WITH GOALS, IDEAS TO MY NOW THINGS.</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<u>GOOD HEALTH = LONG LIFE, GOOD WORK . BETTER QUALITY OF LIFE ENERGY</u>

1
 MOST IMPORTANT ASPECT OF BEING ALIVE.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	WORKOUT DEALS LOCAL STORES FOR DISCOUNT # BY FIDOLE DEALS, YOGA
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	DETOX → LOST 11 LBS MORE IMPORTANTLY IT STAYED OFF (6 MONTHS AGO)
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time Sometimes Not very often
Please explain.	IF I AGREE TO DO SOMETHING I DO IT.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES NO
If yes, which topics are of interest to you?	WE TALK ABOUT ANYTHING I'M INTERESTED IN.
How many weeks is it between your consultations on average?	2 3 4 5 <input checked="" type="radio"/> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	COMMUNICATIONS, IDEAS,
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES NO
What products or services has your consultant referred you to, if any?	YOGA, WALKS, EAT LOT VEGGIES.

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	I ONLY KNOW A LITTLE
Nutrition	5	SHE KNOWS MORE THAN ANY ONE THAT I KNOW AND IS UNDERSTANDING
Stress management techniques	5	MAIN THIS IS TO TAKE DEEP BREATHS
Time-management	4	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	YOU HAVE ALL INFO AND PROVIDE ALL THE TOOLS BUT YOU NEED TO TEACH DECISION TO ACTUALLY DO IT!
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Company THE LEARNING ENRICHMENT FND Date NOVEMBER 27, 2012

Consultant's Name IRENE DZEROWICZ

Location 116 INDUSTRY STR TORONTO Your Name DARRI BEAULIEU

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	<u>6</u>	7	8	9	10	+10
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<i>to stay motivated ie - diet, regimine, weight loss</i>								
What did you like most about the consultation?	<i>consultant is easy to talk to not judgemental, helpful, informative positive / Irene makes you feel comfortable right away.</i>								
What areas of the consultation could use some improvement?	<i>n/a</i>								
Do you feel that your consultant is able to help you achieve your goals?						<u>YES</u>	NO		
Please explain	<i>well informed on nutrition, open minded,</i>								
Does your consultant give suggestions for lifestyle change that are achievable to you?						<u>YES</u>	NO		
Is your wellness consultation something that you feel is important within your work place?						<u>YES</u>	NO		
Please explain	<i>I have seen improvements in not only my well being but also my colleagues</i>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	- pretty much a greener drinker little or no - blood pressure normal was a bit high coffee - weight stable
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	still have cravings - will power issue but I'm pretty good
Are there any topics that you wish were covered in your wellness consultations that are not?	YES NO
If yes, which topics are of interest to you?	use of visualization to deep relaxation skills
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	it's motivating and informative go away feeling I am reaching my goals
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	reading & research material books DVD's meditation, pilates

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	she addresses the subject of improving fitness levels ^{adding strength training}
Nutrition	5	has given me info on the right kind of foods and the BIO-INDIVIDUALITY approach
Stress management techniques	5	effective breathing - muscle relaxation - mind focus ^{feels calm - clarity - improved concentration}
Time-management		we haven't touched on this outside of encouraging me to be sure to fit in a walk 4 days a wk

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	teach me more relaxation methods/exercises
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Company CHEMFIL CANADA Date Nov 26 /12
 Consultant's Name JEN OLIVER
 Location WINDSOR Your Name K. Sennett

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 <u>4</u> 5
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>LOOKING FOR DIRECTION W/HEALTH ISSUES-</u>
What did you like most about the consultation?	<u>Very informal, easy to talk to-</u>
What areas of the consultation could use some improvement?	<u>/</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>Very well rounded in knowledge</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<u>Keeps the focus on wellness</u>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	no.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	motivation to get back to exercise.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	books / reading recommends that I don't get to.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <input checked="" type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	conversation / renewed interest + motivation.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	reading material / naturopath / chiro

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	Knew Jen from GoodLife
Nutrition	4	
Stress management techniques	-	N/A
Time-management	-	N/A

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	-
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Company AMWAY CANADA Date NOV 20 12
 Consultant's Name DEBBIE
 Location EXETER RD Your Name GAARIE SAAN

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 (+10)
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 (5)
How would you rate the professionalism of the consultant?	1 2 3 4 (5)
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	TO CHECK THAT I AM DOING THE RIGHT THING LOOKING AFTER MY HEALTH
What did you like most about the consultation?	TO HAVE SOMEONE TELLING ME THE RIGHT THING TO EAT AND DO THE RIGHT EXERCISES
What areas of the consultation could use some improvement?	EVERYTHING IS ACCORDINGLY
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	YES IT IS JUST LACK OF TIME TO BUSY.
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	CONSULTANT IS IMPORTANT CAUSE SHE ALWAYS ENCOURAGES US TO DO BETTER EVEN IF THERE IS NOT ENOUGH TIME

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	THE TIM AND HOW TO USE 5 free minutes
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time <input type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	WHEN I EVEN HAVE 5 free min. I USE THEM TO DO CRUNCHES OR SITUPS
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <input checked="" type="radio"/> 3 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	MOTIVATION TO HAVE DIFFERENT EXERCISES AND TO SEE IF I HAVE LOST WEIGHT
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	EXERCISE BALL AND I D ID IN USE IT

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	SHE IS VERY GOOD TO
Stress management techniques	5	GIVE ADVISES AND IF WE
Time-management	5	FORGET APPT SHE COMES TO GET US.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	NOT ENOUGH A TIME TO DO EVERYTHING WE WANT TO DO
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Company L.E.F. Date Nov. 21/012

Consultant's Name Irene

Location George Harvey C.C. Your Name Maria De Bellis

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 (4) 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 (4) 5
How would you rate the professionalism of the consultant?	1 2 3 (4) 5
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 (4) 5
What motivated you to book a consultation?	Our company is offering it to us.
What did you like most about the consultation?	I like that Irene gives suggestions on foods to eat that are more healthy and
What areas of the consultation could use some improvement?	provides us <u>with</u> the materials to go and buy to improve our eating habits.
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	It motivates me to lose weight and stay healthy. It also educates us on nutrition and eating healthier. Change in lifestyle.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I have worked on cutting down my salt and trying Seasalts. I am more cautious of what I eat and write it down on paper.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 <input checked="" type="radio"/> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	To continue learning more about how to improve my health styles.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	To take a supplement powder vitamin

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	3	We did not cover this yet
Nutrition	4	
Stress management techniques	4	
Time-management	3	Sometimes need more time to talk.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	If they were to add a reasonable fitness program for us.
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Company Learning Enrichment Found. Date November 2012

Consultant's Name Trene

Location St. Andrew Your Name Paulette Whittaker

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 5
How would you rate the professionalism of the consultant?	1 2 3 4 5
How would you rate the communication skills of the consultant?	1 2 3 4 5
How involved did you feel in deciding next steps for your health?	1 2 3 4 5
What motivated you to book a consultation?	<u>The company offered.</u>
What did you like most about the consultation?	<u>Friendly, Out-spoken, No Nonsense attitude.</u>
What areas of the consultation could use some improvement?	<u>Health & Wellness.</u>
Do you feel that your consultant is able to help you achieve your goals?	YES NO
Please explain	<u>With recommendation on health. Advice on food choices</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	YES NO
Is your wellness consultation something that you feel is important within your work place?	YES NO
Please explain	<u>Because of the nature of the job, stress & burnout is a possibility</u>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Health Issue - lowered B.P. & - less Migrain Headache.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often <input type="radio"/>
Please explain.	- Sometimes, I forget the message due to Business / work. issues.
Are there any topics that you wish were covered in your wellness consultations that are not?	not at this time ^{YES} <input type="radio"/> ^{NO} <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 <input checked="" type="radio"/> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Health / Personal Issues.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	Several products / more Exercise.

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	4	
Time-management	4	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	no. (Great Job Irene Shouts.
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Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	over coming my extreme back pain & injuries
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	Sometimes I am just lazy and choose not to do them.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <input checked="" type="radio"/> 3 <input checked="" type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	She's open to talking about anything and she remembers. She asks questions that indicate she's really listening & cares.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	4	
Nutrition	4	
Stress management techniques	4	
Time-management	—	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company BRUCE TELECOM Date Nov 20/12

Consultant's Name JEN

Location TIVERTON Your Name Ginny Buell

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 (5) 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 (5)
How would you rate the professionalism of the consultant?	1 2 3 4 (5) +
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	Demonstrate walking the talk ↓ improving overall health.
What did you like most about the consultation?	Friendly, empathetic! She makes it real
What areas of the consultation could use some improvement?	Working w/ my schedule! <u>LOL</u> 😊
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	We have made several small changes over this year. I am more aware + make choices, not just act mindlessly
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	EASY TO SLIP INTO DAY-DAY. SHE KEEPS US FOCUSED ON BALANCE - LIFE IS TO ENJOY - WORK HELPS WITH MAKING ACHIEVEMENTS IN OTHER AREAS!

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	FITTING MY EXERCISE BACK INTO MY SCHEDULE
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time <input type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	TAKING TIME OUT FOR ME - IS CRUCIAL.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	SHE KEEPS IT REAL + RELEVANT.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	MASSAGE NUTRITION + PHYSIO.

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	4	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	KEEP DOING WHAT SHE IS DOING! JEN IS GREAT FOR ME + MY TEAMS.
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Company ST. ANDREW CCC Date Nov 8 2012

Consultant's Name IRENE

Location KIPLING AV Your Name PATRICIA

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	(3) 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 (4) 5
How would you rate the professionalism of the consultant?	1 2 3 (4) 5
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	I discovered diabetes runs in my family and also I feel like having a healthy lifestyle.
What did you like most about the consultation?	The consultant made sure that she understands my preoccupations and tries to give an answer to them.
What areas of the consultation could use some improvement?	It is not up to her. It is about the schedule, she does not have choice to me some time of our lunch time.
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	I had sugar cravings (cake, cookies). She asked me if I can replace them with something healthy i.e. fruits, yogurt (grec).
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	Sometimes we are so busy that following a healthy lifestyle is forgotten. It is a reminder: the consultation.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	I suggest that the consultant carries healthy supplying to show to us: drinks, foods.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I try to cook home food instead to eat junk food most of the time
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often <input type="radio"/>
Please explain.	The busy life style does not give me enough time to follow the advice: home work
Are there any topics that you wish were covered in your wellness consultations that are not?	<input checked="" type="radio"/> YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	I really like that the consultation involves information about how to read ingredients.
How many weeks is it between your consultations on average?	2 <input checked="" type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Eating breakfast, avoiding eating too late at night, sugar cravings
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	grec yogourt, fruits, (blueberries, apples) dark chocolate (Lindt)

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	4	
Nutrition	4	
Stress management techniques	4	
Time-management	4	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	I would like that supplying could be offered as a motivation: drinks (healthy), food (healthy food) Motivation to go buy them.
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Company Chemikl Canada Date Nov 23, 2012
 Consultant's Name Jennifer Oliver
 Location 3258 Merendette Avenue Your Name Sanaa Mansour

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	+10
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	5		
How would you rate the professionalism of the consultant?			1	2	3	4	5		
How would you rate the communication skills of the consultant?			1	2	3	4	5		
How involved did you feel in deciding next steps for your health?			1	2	3	4	5		
What motivated you to book a consultation?									
What did you like most about the consultation?									
What areas of the consultation could use some improvement?									
Do you feel that your consultant is able to help you achieve your goals?						YES		NO	
Please explain									
Does your consultant give suggestions for lifestyle change that are achievable to you?						YES		NO	
Is your wellness consultation something that you feel is important within your work place?						YES		NO	
Please explain									

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Amway Canada Date Nov 19/2012
 Consultant's Name Debbie
 Location _____ Your Name Al Leveille



Employee Wellness Solutions Network

Head Office Consultation Feedback Survey

One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>4</u> 5
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<i>Deb. - making to commitment to be there.</i>
What did you like most about the consultation?	<i>Reminder that I have to watch my diet and that I need to exercise.</i>
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>Keeps me on track and reinforces good behavior.</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<i>Opportunity for consistent monitoring of behavior.</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	<i>No</i>
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	<i>Drinking more water.</i>
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	<i>Although I try, I don't always act on the advice given</i>
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	<i>Opportunity to discuss health + exercise</i>
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	<i>N/A</i>

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	<i>5</i>	<i>Very knowledgeable</i>
Nutrition	<i>5</i>	<i>" "</i>
Stress management techniques	<i>4</i>	<i>" "</i>
Time-management		<i>N/A.</i>

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Bruce Telecom Date 11/07/12
 Consultant's Name Jan Dunbar
 Location Twickenham Your Name _____

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>4</u> 5
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	- need to have a lifestyle change
What did you like most about the consultation?	- company is behind wellness
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	- makes you accountable while being supportive
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	- gives un-biased help in stressful situations

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	- weight loss
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	<u>2</u> 3 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	- helps to keep me on track → accountability
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	- weight watchers, good cook books

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Hobart Date Nov. 5/12
 Consultant's Name Jennifer Dunbar
 Location Owen Sound Your Name _____

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 5
How would you rate the professionalism of the consultant?	1 2 3 4 5
How would you rate the communication skills of the consultant?	1 2 3 4 5
How involved did you feel in deciding next steps for your health?	1 2 3 4 5
What motivated you to book a consultation?	Talking to an unbiased person and to get feedback on general consensus.
What did you like most about the consultation?	Get things off your chest. Vent - Feel positive afterwards.
What areas of the consultation could use some improvement?	more feedback as to how others may be feeling so you don't feel like your view may be off.
Do you feel that your consultant is able to help you achieve your goals?	YES NO
Please explain	Puts things into perspective to see things better
Does your consultant give suggestions for lifestyle change that are achievable to you?	YES NO
Is your wellness consultation something that you feel is important within your work place?	YES NO
Please explain	It helps to vent and get suggestion how to cope in a high stress environment

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	How to control what is said before regrets.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often <input type="radio"/>
Please explain.	Working on diplomacy when hot issues and aggravation arrive (frequent)
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	<input checked="" type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Upbeat, positive reinforcement - explains the frustration is not isolated -
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	3	
Nutrition	4	
Stress management techniques	4	
Time-management	3	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	I'm am pleased that our company has made this program available. especially at this high stress and major time of timely change. -helps us through the fact that we are all in it together - and that "group" and "teamwork" are essentially!
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Company HOBARTS Date NOV 7
 Consultant's Name Jon
 Location OWEN SOUND Your Name _____

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>(+10)</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>(4)</u> 5
How would you rate the professionalism of the consultant?	1 2 3 <u>(4)</u> 5
How would you rate the communication skills of the consultant?	1 2 3 4 <u>(5)</u>
How involved did you feel in deciding next steps for your health?	1 2 3 <u>(4)</u> 5
What motivated you to book a consultation?	<u>WEIGHT</u>
What did you like most about the consultation?	<u>SOME OTHER ARE GROUP</u> <u>YOU ARE ONE ON ONE</u> <u>CONSULTATION COMPANY</u>
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>(YES)</u> NO
Please explain	<u>LOST TO DATE</u> <u>16 LBS</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>(YES)</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>(YES)</u> NO
Please explain	

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	WEIGHT
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	OPENNESS
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	4	
Nutrition	4	
Stress management techniques	3	
Time-management	DON'T KNOW	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Amway Canada Date Nov. 1, 2012
 Consultant's Name Laura Holt
 Location Amway Your Name Carmela Tanni

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<i>Overall wellness, great company/employee benefit</i>								
What did you like most about the consultation?	<i>Learning new techniques Answers health questions</i>								
What areas of the consultation could use some improvement?									
Do you feel that your consultant is able to help you achieve your goals?					<u>YES</u>		NO		
Please explain	<i>Although pushing the envelope every two weeks mtg. would be great. Helps in changing habits, etc...</i>								
Does your consultant give suggestions for lifestyle change that are achievable to you?					<u>YES</u>		NO		
Is your wellness consultation something that you feel is important within your work place?					<u>YES</u>		NO		
Please explain	<i>Yes great employee benefits</i>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	<i>Muscle injury rehab techniques, guidance of real support</i>
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	<i>try to Habit forming, Busy life</i>
Are there any topics that you wish were covered in your wellness consultations that are not?	YES NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <input checked="" type="radio"/> 3 <input checked="" type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	<i>Input & Support</i>
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	<i>Yoga, Chiro, Massage Therapy, Weight loss, etc</i>

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	<i>5</i>	
Nutrition	<i>5</i>	
Stress management techniques	<i>5</i>	
Time-management	<i>5</i>	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Amway Date Nov. 5, 2012
 Consultant's Name Debbie Duplan
 Location 375 Exeter Rd London On Your Name Jessie

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	<u>4</u>	5		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<u>See the progress</u>								
What did you like most about the consultation?	<u>The progress achieved</u>								
What areas of the consultation could use some improvement?									
Do you feel that your consultant is able to help you achieve your goals?					<u>YES</u>		NO		
Please explain	<u>Suggestion on healthier food + exercises</u>								
Does your consultant give suggestions for lifestyle change that are achievable to you?					<u>YES</u>		NO		
Is your wellness consultation something that you feel is important within your work place?					<u>YES</u>		NO		
Please explain	<u>help with the stress ; therefore improve your life</u>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	None
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	loosing weight and keeping it off.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often <input type="radio"/>
Please explain.	Don't always eat right
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	<input checked="" type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	The updates & progress toward my goal
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	Quinoa

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Tempur-Canada Date Nov 7/12
 Consultant's Name Jen
 Location LONDON Your Name René

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 <u>5</u> <u>6</u> 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	-to learn healthy life choices & skills -access to information
What did you like most about the consultation?	very informative
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	she is always able to answer my questions and provide great suggestions
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	Provides healthy learning and keeps me on track

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I eat breakfast every morning which also includes fruit. I've increased my protein intake from a variety of suggested sources
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time <input type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	I trust whole heartedly that the advice provided to me is for my benefit
Are there any topics that you wish were covered in your wellness consultations that are not?	<input type="radio"/> YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <input checked="" type="radio"/> 3 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	She is enthusiastic, knowledgeable and provides great advice
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	water, fruits, smoothies, protein, shakes

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	She offers tips + tricks for exercise and fitness
Nutrition	5	Provides great information and suggestions
Stress management techniques	5	She doesn't look stressed all !!
Time-management	5	available 4 on time for each session

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Bruce Telecom Date Nov. 13, 2012.

Consultant's Name Jen Dunbar

Location _____ Your Name date wall

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

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How many wellness consultations have you had?	3 4 <u>5</u> <u>6</u> 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	Jen emailed me w the date & time.
What did you like most about the consultation?	Jen is easy to talk to.
What areas of the consultation could use some improvement?	None.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	Someone to be accountable to
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	Nice to be able to vent

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Got a new job
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time <input type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	<input type="radio"/> YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Awesome! 😊
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Company Bruce Telecom Date Nov-2012
 Consultant's Name Jan
 Location Director's office Your Name Ch. Ruthven

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 (+10)
How helpful was the consultant? (1=not, 5=very)	1 2 3 (4) 5
How would you rate the professionalism of the consultant?	1 2 3 (4) 5
How would you rate the communication skills of the consultant?	1 2 3 (4) 5
How involved did you feel in deciding next steps for your health?	1 2 3 (4) 5
What motivated you to book a consultation?	<i>lose weight</i>
What did you like most about the consultation?	<i>their patience + encouragement.</i>
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	<i>gives suggestions re exercise + diet + encouragement</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	exercise exercise to do while working with back problem
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	most of the time by suggestions. When I don't usually my fault - lazy or run out of time
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	new ideas + encouragement
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	online exercise - software programs Zumba + recipes

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	4	
Nutrition	4	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	we keeps me motivated If not on program think I would gain + do less exercise
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Company KW Hydro Date Nov 12/12

Consultant's Name Gloria Vaughan

Location KW Hydro Your Name Melody Martin

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 (4) 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 (3) 4 5
How would you rate the professionalism of the consultant?	1 2 3 (4) 5
How would you rate the communication skills of the consultant?	1 2 (3) 4 5
How involved did you feel in deciding next steps for your health?	1 2 (3) 4 5
What motivated you to book a consultation?	Nice idea to get some personal dialog about my health
What did you like most about the consultation?	Good to discuss areas of health
What areas of the consultation could use some improvement?	More involvement or encouragement
Do you feel that your consultant is able to help you achieve your goals?	YES (NO)
Please explain	Too long between discussions & appointments being moved on their end
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	YES (NO)
Please explain	Not seeing an impact within the work place

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Lack of availability
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Posture. I've become more aware & better at how I hold myself
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often <input type="radio"/>
Please explain.	Difficult to change drastically in a life style
Are there any topics that you wish were covered in your wellness consultations that are not?	<input checked="" type="radio"/> YES <input type="radio"/> NO
If yes, which topics are of interest to you?	Not sure. All that's been offered is food focused with a few exercise routines
How many weeks is it between your consultations on average?	2 3 4 5 6 7 8 9 10 <input checked="" type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Not much anymore. Some exercise routines
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	YES <input type="radio"/> NO <input checked="" type="radio"/>
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	4	Shown good exercises
Nutrition	4	Talks a lot about it
Stress management techniques	1	Has not given me any
Time-management	1	" " " " advice

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	would be nice to be more interactive in between consultations.
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Company KITCHENER-WILMOT Hydro Inc. Date Nov. 12/12

Consultant's Name Gloria Vaughan

Location _____ Your Name George Minow

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<input checked="" type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<input type="radio"/> +10
How helpful was the consultant? (1=not, 5=very)				1	2	3	4	<input checked="" type="radio"/> 5	
How would you rate the professionalism of the consultant?				1	2	3	4	<input checked="" type="radio"/> 5	
How would you rate the communication skills of the consultant?				1	2	3	4	<input checked="" type="radio"/> 5	
How involved did you feel in deciding next steps for your health?				1	2	3	4	<input checked="" type="radio"/> 5	
What motivated you to book a consultation?	1) Interest in maintaining good health 2) Recent weight gain.								
What did you like most about the consultation?	It was personalized. Gloria remember details about me.								
What areas of the consultation could use some improvement?	None.								
Do you feel that your consultant is able to help you achieve your goals?	<input checked="" type="radio"/> YES				NO				
Please explain	Provided practical, achievable steps and advice.								
Does your consultant give suggestions for lifestyle change that are achievable to you?	<input checked="" type="radio"/> YES				NO				
Is your wellness consultation something that you feel is important within your work place?	<input checked="" type="radio"/> YES				NO				
Please explain	Seeing Gloria and Kenan Gamble around the workplace even not during a consultation, bring to your thoughts and then repeated actions to your health & Wellness.								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO. Perfect right now.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Strengthening my knee.
How often do you act on the advice given by the consultant?	All the time most times Sometimes Not very often
Please explain.	I take the advice and try and put it in every day/week.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 6 7 8 9 <input checked="" type="radio"/> 10 +10 about
What aspect of your wellness consultant keeps you coming each month? Please explain.	Desire to be well and be reminded.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES NO
What products or services has your consultant referred you to, if any?	Various Various sheets on my issues.

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	4	-This is difficult for anyone
Time-management		Not discussed.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Going well. well done!
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Company Precision Date 10/30/2012.
 Consultant's Name Gloria Vaughan
 Location PR-CN Your Name Jen Dietrich

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	<u>6</u> - <u>7</u>	8	9	10	+10
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>	
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>	
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>	
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>	
What motivated you to book a consultation?	Getting healthy							
What did you like most about the consultation?	The energy & knowledge that Gloria brings.							
What areas of the consultation could use some improvement?	N/A.							
Do you feel that your consultant is able to help you achieve your goals?						<u>YES</u>	NO	
Please explain	Gloria offers a lot of great advice/ideas on ways to achieve my goals.							
Does your consultant give suggestions for lifestyle change that are achievable to you?						<u>YES</u>	NO	
Is your wellness consultation something that you feel is important within your work place?						<u>YES</u>	NO	
Please explain	It makes a big difference being able to see someone during working hours. I wouldn't have time for this during evenings or weekends.							

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	N/A
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I had started losing weight pre-pregnancy. Now that I'm pregnant through the help of Glona I've been able to eat healthier.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	It's not always easy to be 100% on track every day.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 6 7 <input checked="" type="radio"/> 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	The positive energy Glona offers & wanting to see results.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	offers a lot of tips & helpful, realistic approaches
Nutrition	5	
Stress management techniques	4	Has a lot of handouts that are helpful.
Time-management	4	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Amway Canada Corporation Date Nov 12 2012
 Consultant's Name Laura Bontor
 Location Amway Your Name Marjon Bruyn

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 (10)
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 (5)
How would you rate the professionalism of the consultant?	1 2 3 4 (5)
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	wanted help with a fitness program and then nutrition
What did you like most about the consultation?	Laura was very informative and she listened to my input. She is professional, extremely knowledgeable.
What areas of the consultation could use some improvement?	None that I can see.
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	overall fitness has improved. she designed a weight / cardio program that suited my needs and time. Nutrition was a key part
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	Absolutely!! It is important to check in regularly to remain dedicated to your own program

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No. Bc if there was, Laura would tell me.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I started running and was able to achieve 7 km - 3x weekly. Plus weights at the gym have given me upper body strength.
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	I am dedicated to my weight (abs/ legs) program designed by Laura
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	If there was a topic, Laura would talk about it.
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Laura always does a check re fitness, nutrition and will talk about anything I bring up.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	I have experienced all of these & Laura has been a great help (advisor) in dealing w each of these.
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company EMC Date Nov 15/12
 Consultant's Name Jennifer Dunbar
 Location Owen Sound Your Name Merai Collins

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>	
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>			
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>			
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>			
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>			
What motivated you to book a consultation?										
What did you like most about the consultation?										
What areas of the consultation could use some improvement?										
Do you feel that your consultant is able to help you achieve your goals?					<u>YES</u>					NO
Please explain	<u>She is my own cheering section.</u>									
Does your consultant give suggestions for lifestyle change that are achievable to you?					<u>YES</u>					NO
Is your wellness consultation something that you feel is important within your work place?					<u>YES</u>					NO
Please explain										

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	<i>Depending on timing of suggestion and how quickly it can be done</i>
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	YES <input type="radio"/> NO <input type="radio"/>
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Kitchener-Wilmot Hydro Date Nov 12, 2012

Consultant's Name Gloria Vaughn

Location K-W Hydro Your Name Sandy Ferneyhough

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 (5) 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 (4) 5
How would you rate the professionalism of the consultant?	1 2 3 4 (5)
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 (4) 5
What motivated you to book a consultation?	I believe in Wellness.
What did you like most about the consultation?	motivational
What areas of the consultation could use some improvement?	Longer sessions, seems rushed.
Do you feel that your consultant is able to help you achieve your goals?	YES NO maybe
Please explain	not frequent followup because next session if weeks (months away)
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	proves that the company cares about me, & not just my work

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	more time, more frequently (ie once a month)
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	putting myself first more often
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES NO ? e
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 6 7 8 9 10 <u>+10</u>
What aspect of your wellness consultant keeps you coming each month? Please explain.	Gloria is easy to talk to & very motivational
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	probiotics books protein powder websites

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	?	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Hobart Date Nov. 14th / 2012
 Consultant's Name Jen
 Location Owen Sound Your Name _____

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 <u>8</u> 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 <u>3</u> 4 5
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 <u>3</u> 4 5
What motivated you to book a consultation?	<u>Want to quit smoking</u>
What did you like most about the consultation?	<u>How easy my consultant is to talk to.</u>
What areas of the consultation could use some improvement?	<u>None</u>
Do you feel that your consultant is able to help you achieve your goals?	YES <u>NO</u>
Please explain	<u>it is ultimately up to me to be mentally ready to achieve my goal</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<u>Higher level of energy.</u>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	My Consultant suggested to try a substitute for my habit.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	—
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	—
How many weeks is it between your consultations on average?	<u>2</u> 3 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Her positive attitude and how she is able to relate to similar scenarios that cause stress
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company HOBARTS

Date NOV. 1 / 2012

Consultant's Name JEN

Location OWEN SOUND

Your Name ROGER. RAYNSFORD

Employee Wellness Solutions Network Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>SHE SOUNDED LIKE A NICE PERSON AND I THOUGHT SHE COULD HELP. (AND SHE DID)</u>
What did you like most about the consultation?	<u>SHE WAS SO NICE AND UNDERSTANDING</u>
What areas of the consultation could use some improvement?	<u>NONE</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>WE TALKED ABOUT MY PROBLEM AND HELPED A GREAT DEAL</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<u>IT'S NOT GOOD TO KEEP THINGS BOTTLING UP INSIDE YOURSELF AND SHE IS SUCH A NICE PERSON</u>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I AM GOING THROUGH A BANKRUPTCY AND SHE WAS ABLE TO HELP
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time <input type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	EATING BETTER AND NOT SO MUCH JUNK FOOD
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	HER HELPFUL ADVICE AND UNDERSTANDING
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	SHE IS A WONDERFUL PERSON AND YOU'RE VERY LUCKY TO HAVE HER
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Company London Hydro Date Nov 2/12
 Consultant's Name Laura Bontor
 Location 111 Horton St. Your Name Lisa Charteris

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<i>I like to keep well. Its hard to keep motivated. Laura always finds great ways to keep me on track - sets goals for me.</i>
What did you like most about the consultation?	<i>Laura's Very knowledgeable about nutrition and what I need to do in the gym. She's very fun!</i>
What areas of the consultation could use some improvement?	<i>(Blank line)</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>I always feel better after my sessions even if I've had a bad month.</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<i>I couldn't do it without her. She always gives me helpful useful tips of which I use both at work and @ home with my family!! <u>1</u> Laura is fantastic!!</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	losing inches, my clothes fit better.
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time <input type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	Even when I've had a set back, I find it's easy to get back on track with her coaching
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Laura is real. She can relate to what I'm going through and doesn't set unrealistic expectations.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	She's given me new routines on paper to follow. Change it up to reduce boredom.
Nutrition	5	As simple as setting a water drinking goal for each day. Snacking options.
Stress management techniques	5	
Time-management	5	even if I'm rusted, she always accomodates and works well with the time I have available in the 1/2 hour.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company _____

Date _____

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 (4) 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 (5)
How would you rate the professionalism of the consultant?	1 2 3 4 (5)
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	To see if it would be of any value.
What did you like most about the consultation?	Lots of suggestions of things I could do without being judgemental
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	Gave me some golf workout drills that were a big help.
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	I like the personalized aspect of our time together.
Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	

What is an example of an accomplishment, big or small, that you have worked on with your consultant?	<i>Golf exercises, suggestions that I've used to supplement my walks.</i>
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	<i>Easy to talk to and she always has good suggestions.</i>
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	<i>None.</i>

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	<i>5</i>	
Nutrition	<i>5</i>	
Stress management techniques	<i>?</i>	
Time-management	<i>?</i>	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company _____

Date _____

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	2 3 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	(1) 2 3 4 5
How would you rate the professionalism of the consultant?	(1) 2 3 4 5
How would you rate the communication skills of the consultant?	(1) 2 3 4 5
How involved did you feel in deciding next steps for your health?	1 2 (3) 4 5
What motivated you to book a consultation?	<i>needed guidance</i>
What did you like most about the consultation?	<i>nothing</i>
What areas of the consultation could use some improvement?	<i>communication, dedication, involvement</i>
Do you feel that your consultant is able to help you achieve your goals?	YES (NO)
Please explain	<i>left me to find my own solutions</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	YES (NO)
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	<i>decent chairs, understanding (empathy) if time off is needed - family concerns.</i>
Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	<i>knowledge - no preparati on or research on my health condition.</i>

What is an example of an accomplishment, big or small, that you have worked on with your consultant?	—	
How often do you act on the advice given by the consultant?	All the time	Sometimes <u>Not very often</u>
Please explain.	<i>asked me to do my own research</i>	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES	NO
If yes, which topics are of interest to you?		
How many weeks is it between your consultations on average?	2 3 4 5 6 7 8 9 10 +10	
What aspect of your wellness consultant keeps you coming each month? Please explain.		
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	YES	<u>NO</u>
What products or services has your consultant referred you to, if any?		

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness		
Nutrition		
Stress management techniques		
Time-management		

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company OMG Wealth Mgmt

Date Sept 7, 2012

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 <u>4</u> 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>4</u> 5
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 <u>4</u> 5
How involved did you feel in deciding next steps for your health?	1 2 3 <u>4</u> 5
What motivated you to book a consultation?	Positive Attitude
What did you like most about the consultation?	Real Person, One on One
What areas of the consultation could use some improvement?	Organization (not her fault no file for us)
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	
Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	

What is an example of an accomplishment, big or small, that you have worked on with your consultant?	
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often Most *
Please explain.	Busy work place, Not always able.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	<u>2</u> 3 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	4	
Nutrition	5	
Stress management techniques	4	
Time-management	4	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Owens MacFadyen Group

Date August 22/12

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 (4) 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 (5)
How would you rate the professionalism of the consultant?	1 2 3 4 (5)
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	I want to be healthier with to my eating and mental health.
What did you like most about the consultation?	How easy it is to talk to Heather. And she really does care
What areas of the consultation could use some improvement?	nothing. Unless I could see her more!!
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	I'm already eating better than ever and I feel much more positive about life.
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	I love that OMG is doing this for us. There is so much stress and stuff that having someone help you & guide you is awesome
Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	<u>Nothing</u>

What is an example of an accomplishment, big or small, that you have worked on with your consultant?	eating more than once a day. Been like that for years and in just a couple months I eat 4-6 times a day.		
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time	<input type="radio"/> Sometimes	<input type="radio"/> Not very often
Please explain.	Everything she says makes sense and makes me feel better.		
Are there any topics that you wish were covered in your wellness consultations that are not?	<input type="radio"/> YES	<input checked="" type="radio"/> NO	
If yes, which topics are of interest to you?			
How many weeks is it between your consultations on average?	2	<input checked="" type="radio"/> 3	4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Just having her care enough to make help me get healthier. And she is has so much knowledge that I'm getting for free!		
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES	<input type="radio"/> NO	
What products or services has your consultant referred you to, if any?	We're working on building my motivation And walking /stretching exercises so far.		

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	To sum up Heatheranne knows
Nutrition	5	so much on all these topics
Stress management techniques	5	and she know what is best for
Time-management	5	me.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company OMG

Date Aug 23/12

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 <u>5</u> 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	Weight loss Stress Eating Habits
What did you like most about the consultation?	Suggestions Understanding of concerns
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	Gave me knowledge & encouragement to move forward
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> !!! NO
Please explain	Through the one-on-one's & competitions our office is getting healthier.
Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Group exercise Other practitioners practitioners

What is an example of an accomplishment, big or small, that you have worked on with your consultant?	More exercise
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time Sometimes Not very often
Please explain.	- I continue with exercise - Eating protein, less fat
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Heatheranne is approachable, friendly & knowledgeable. Very understanding.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES !!! NO
What products or services has your consultant referred you to, if any?	NA

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	Conducts her own bootcamps
Nutrition	5	Has experience with weight issues & promotes good nutrition (past)
Stress management techniques	4	Promotes exercise for stress & breathing
Time-management	5.	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company London Hydro Date NOV. 6/12
 Consultant's Name Laura Bonter
 Location London Hydro Your Name Krista Morrison

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 (+10)
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 (5)
How would you rate the professionalism of the consultant?	1 2 3 4 (5)
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	<i>Follow up on goals set in session.</i>
What did you like most about the consultation?	<i>Very personal approach.</i>
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	<i>Very motivating. Provides good tools.</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Actually, I wish I could go more often. I would go weekly if available.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Ran 10K race.	
How often do you act on the advice given by the consultant?	All the time	<input checked="" type="radio"/> Sometimes, <input type="radio"/> Not very often
Please explain.		
Are there any topics that you wish were covered in your wellness consultations that are not?	YES	<input checked="" type="radio"/> NO
If yes, which topics are of interest to you?		
How many weeks is it between your consultations on average?	2 3 4 5 <input checked="" type="radio"/> 6 7 8 9 10 +10	
What aspect of your wellness consultant keeps you coming each month? Please explain.		
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES	<input type="radio"/> NO
What products or services has your consultant referred you to, if any?	Massage.	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	3	
Time-management	3	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Fibermetics Corp Date Nov. 01. 12
 Consultant's Name Gloria Vaughan
 Location _____ Your Name _____

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 (4) 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 (5)
How would you rate the professionalism of the consultant?	1 2 3 4 (5)
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	
What did you like most about the consultation?	
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	She was able to come up with a plan that fit me.
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Eating more, and better
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	NA	
Time-management	NA	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company HOBART Date Nov. 1/12
 Consultant's Name JEN DUNBAR
 Location _____ Your Name _____

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>(+10)</u>
How helpful was the consultant? (1=not, 5=very)	1 2 <u>(3)</u> 4 5
How would you rate the professionalism of the consultant?	1 2 3 4 <u>(5)</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>(5)</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>(5)</u>
What motivated you to book a consultation?	<u>HEALTH ISSUES.</u>
What did you like most about the consultation?	
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	/										
What is an example of an accomplishment, big or small, that you have worked on with your consultant?											
How often do you act on the advice given by the consultant?	All the time			<u>Sometimes</u>				Not very often			
Please explain.											
Are there any topics that you wish were covered in your wellness consultations that are not?	YES					<u>NO</u>					
If yes, which topics are of interest to you?											
How many weeks is it between your consultations on average?	2	3	<u>4</u>		5	6	7	8	9	10	+10
What aspect of your wellness consultant keeps you coming each month? Please explain.	HER PERSONALITY										
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u>					NO					
What products or services has your consultant referred you to, if any?											

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	4	
Nutrition	4	
Stress management techniques	4	
Time-management	4	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company NGF Canada Date Nov 8, 2012
 Consultant's Name Gloria Vaughan
 Location Guelph Your Name Hector Flores

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 (5) 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 (4) 5
How would you rate the professionalism of the consultant?	1 2 3 4 (5)
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	I was curious about my health.
What did you like most about the consultation?	The good advice and ideas about nutrition
What areas of the consultation could use some improvement?	At this moment I can't think of anything.
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	Because I understood her advice and ideas
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	I have been think that good health is important and gives energy throughout the day.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	At this time no.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	my eating habit, for example eating a snack at every 3hrs instead of waiting for big meals.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	most of the time because I want to feel better with about my eating habit
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	motivation to stay healthy.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	Vitamins

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	4	
Nutrition	5	
Stress management techniques	3	
Time-management	4	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	nothing, I think it is great to have this program
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Company Amway Canada Corporation Date 11/7/12
 Consultant's Name Laura Bontex
 Location workplace Your Name Suzanne Abadjian

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?									
What did you like most about the consultation?									
What areas of the consultation could use some improvement?									
Do you feel that your consultant is able to help you achieve your goals?						<u>YES</u>		NO	
Please explain									
Does your consultant give suggestions for lifestyle change that are achievable to you?						<u>YES</u>		NO	
Is your wellness consultation something that you feel is important within your work place?						<u>YES</u>		NO	
Please explain	<p>Helps cope with stress - not only with work but personal issues as well.</p> <p>Good support provided - help with fitness <u>1</u> goals ...</p>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Helps dealing with daughter / husband good suggestions/options provided
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I try to apply what I learn or what is offered - but life is life, I ^{try to} do my best.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <u>3</u> ^{or} <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Emotional support - grounding and helpful suggestions. Help with focus on fitness goals
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	exercise programs upon request - good options
Nutrition	5	was able to answer any question I had
Stress management techniques	4	gives examples / makes suggestions that
Time-management	not considered	

for me
should work for me

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Amway - EW Date Nov. 5, 2012
 Consultant's Name Debbie Duplan
 Location London Your Name N. Leclerc

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		<i>great!</i>
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<i>encouragement/getting back in shape</i>								
What did you like most about the consultation?									
What areas of the consultation could use some improvement?									
Do you feel that your consultant is able to help you achieve your goals?							<u>YES</u>	NO	
Please explain									
Does your consultant give suggestions for lifestyle change that are achievable to you?							<u>YES</u>	NO	
Is your wellness consultation something that you feel is important within your work place?							<u>YES</u>	NO	
Please explain									

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	<input type="radio"/> YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	<input checked="" type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	Great Knowledge
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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EXCELLENCE IN MANUFACTURING CONSULTATION

Company AA EMC Date Nov 6 / 12
 Consultant's Name JEN DUNBAR
 Location OWEN SOUND Your Name TOAD OLIVER

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>WORK INITIATIVE - NOW MINE</u>
What did you like most about the consultation?	<u>EVERYTHING & IT IS ONE ON ONE</u>
What areas of the consultation could use some improvement?	<u>NONE</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>SHE LISTENS & ADVISES</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<u>I WANT TO GET OLD & BE HEALTHY.</u>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NW
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	EATING & SLEEPING HABITS
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	IT IS THE ENTIRE REPORT & EMAIL CORRESPONDENCE
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	EATING HABITS MOSTLY

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	JEN ALWAYS ASKS - SHE NEVER ASSUMES ALWAYS HAS AN IDEA NEVER IS INSULTING
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	NONE.
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Company SELECTPATH Date 17 OCT 2012
 Consultant's Name LAURA BOUTER
 Location SARNIA Your Name SUE ROWE

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<u>3</u> 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	EMPLOYER
What did you like most about the consultation?	NO PRESSURE, POSITIVE!
What areas of the consultation could use some improvement?	—
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	POSITIVE REINFORCEMENT
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	SEE ABOVE

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	WEIGHT LOSS
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	DIET TIPS - MOST OF THE TIME
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	GOOD SESSIONS
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	—

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	?	HAVEN'T NEEDED

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company SELECT PATH

Date OCT 18 / 12

Consultant's Name LAURA BONTAR

Location SARNIA, ONT

Your Name CATHIE JAMES

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<u>IT WAS OFFERED THROUGH COMPANY</u>								
What did you like most about the consultation?	<u>IT KEEPS ME AWARE OF MY HEALTH - & MOTIVATES ME TO KEEP TRYING.</u>								
What areas of the consultation could use some improvement?	<u>_____</u>								
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u>				NO				
Please explain	<u>SHE WORKS WITH OUR PERSONALITIES. DOESN'T HELP US ^{ME} SET GOALS THAT ARE UNATTAINABLE</u>								
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u>				NO				
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u>				NO				
Please explain	<u>KEEPS AWARENESS & MOTIVATION GOING.</u>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	SEE QUITTING SMOKING. SLEEPING ISSUES
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	ACTED ON SUGGESTION OF ROOIBOS TEA - FOR SLEEPING - WORKS - ALSO DIFFERENT DIET CHANGES - DON'T ALWAYS EXERCISE AS ADVISED.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	ANY ISSUES THAT COME UP - I DISCUSS WITH LAURA & SHE IS OPEN TO TALKING TO ME ABOUT THEM
How many weeks is it between your consultations on average?	2 <u>3</u> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	# IF I HAVE GOTTEN OFF TRACK SHE PUTS ME BACK ON
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	?

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5.	
Stress management techniques	5	
Time-management	5.	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Amway Canada Date 10/15/12
 Consultant's Name Laura
 Location _____ Your Name Faren Cook

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<u>(3)</u> 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>(5)</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>(5)</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>(5)</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>(5)</u>
What motivated you to book a consultation?	<i>Looking to improve my overall health - diets, activities Diabetes runs in my family</i>
What did you like most about the consultation?	<i>Suggestions and programs or plans on eating habits and exercise</i>
What areas of the consultation could use some improvement?	<i>/</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>(YES)</u> NO
Please explain	<i>Laura is motivating and recommends different ways to achieve goals</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>(YES)</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>(YES)</u> NO
Please explain	<i>Healthier Employees makes for a better work place</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	/
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Exercising- Laura has provide exercises that has helped me to feel better about myself.
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time Sometimes Not very often
Please explain.	Always aware of what my eating habit are good or bad which tend to be more good now.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	-
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 ^{to} 5 <input checked="" type="radio"/> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Keep me on track for both exercising an diet.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES NO
What products or services has your consultant referred you to, if any?	Tues & Thurs exercise classes Many food products lower in fat & sugar

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	Great exercise classes
Nutrition	5	Great suggestion to reduce or maintain weight
Stress management techniques	5	Stress how important fitness, nutrition, sleep are
Time-management	5	Uses our meeting to discuss accomplishment and does not go over time allotted

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Feel healthier and fitter
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Company Amway Canada Corp. Date Oct. 18/12

Consultant's Name Laura Bonter

Location London Your Name Louise Aubie

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>(+10)</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>(5)</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>(5)</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>(5)</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>(5)</u>
What motivated you to book a consultation?	Laura is very helpful and it keeps me on track
What did you like most about the consultation?	Keeps me on track and she does have good ideas
What areas of the consultation could use some improvement?	I find they are perfect just the way they are
Do you feel that your consultant is able to help you achieve your goals?	<u>(YES)</u> NO
Please explain	She gives me great advise
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>(YES)</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>(YES)</u> NO
Please explain	coming back to the same thing but for me it keeps me on track

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	no, nothing at this time									
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	well, since January, I've lost 28lbs.									
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time	<input type="radio"/> Sometimes	<input type="radio"/> Not very often							
Please explain.										
Are there any topics that you wish were covered in your wellness consultations that are not?	<input type="radio"/> YES	<input checked="" type="radio"/> NO								
If yes, which topics are of interest to you?										
How many weeks is it between your consultations on average?	<input type="radio"/> 2	<input type="radio"/> 3	<input checked="" type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Laura is very knowledgeable and she is very knows what she's talking about.									
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES		<input type="radio"/> NO							
What products or services has your consultant referred you to, if any?	can't think of anything at the moment.									

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques		
Time-management		

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Amway Canada Date Oct. 18/12
 Consultant's Name Laura Boxler
 Location 375 Exter Rd Your Name Nancy Saunders
London ON

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	Needed to lose weight and learn what foods to have for snacks & lunches @ work and meals @ home								
What did you like most about the consultation?	Laura always has suggestion + is eager to help if you have an questions she has great worksheets + always changes these up and explain what part of the body it helps.								
What areas of the consultation could use some improvement?									
Do you feel that your consultant is able to help you achieve your goals?					<u>YES</u>		NO		
Please explain	Laura is very good @ motivation and always has suggestions on meal plans for work & home								
Does your consultant give suggestions for lifestyle change that are achievable to you?					<u>YES</u>		NO		
Is your wellness consultation something that you feel is important within your work place?					<u>YES</u>		NO		
Please explain	Yes, keeps everyone motivated and get to work together to achieve goals								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No,
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Weight loss + toning are achievements I have accomplished Also learning what foods can achieve this
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time <input type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	our monthly meetings prompt me to ask ask about new exercises and how to lose lose more weight.
Are there any topics that you wish were covered in your wellness consultations that are not?	<input type="radio"/> YES <input type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	monthly weight-ins → usually rewarding laura always comes up with different ideas and is is a great listener.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company McKay Cocker Date Oct 23/2012
 Consultant's Name LAURA BONTAR
 Location LONDON Your Name KORTNEY PUE



Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey

One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	+10
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	5		
How would you rate the professionalism of the consultant?			1	2	3	4	5		
How would you rate the communication skills of the consultant?			1	2	3	4	5		
How involved did you feel in deciding next steps for your health?			1	2	3	4	5		
What motivated you to book a consultation?	CHANCE TO IMPROVE HEALTH.								
What did you like most about the consultation?	SUGGESTIONS ON HOW TO MANAGE BUSY SCHEDULE AND INCORPORATE HEALTHY DIET.								
What areas of the consultation could use some improvement?									
Do you feel that your consultant is able to help you achieve your goals?						YES		NO	
Please explain									
Does your consultant give suggestions for lifestyle change that are achievable to you?						YES		NO	
Is your wellness consultation something that you feel is important within your work place?						YES		NO	
Please explain	KEEPS ME FOCUSED ON MAKING HEALTHY CHOICES BOTH TO REDUCE STRESS AND IMPROVE ON DIET + FITNESS LEVEL.								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	HEALTHIER LUNCHES.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <input type="radio"/> 3 <input checked="" type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	DESIRE TO BE HEALTHIER + STRESSFREE.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	YES <input checked="" type="radio"/> NO <input type="radio"/>
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company LONDON HYDRO Date OCT. 26/12
 Consultant's Name LAURA BONTER
 Location _____ Your Name LISA LEE

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>INTEREST IN TRYING TO IMPROVE MY HEALTH</u>
What did you like most about the consultation?	<u>KEEPING TRACK OF WEIGHT & MEASUREMENTS ON A MONTHLY BASIS</u>
What areas of the consultation could use some improvement?	<u>CANT THINK OF ANYTHING</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>SINCE BEGINNING THE WELLNESS PROGRAM 16 MONTHS AGO I HAVE LOST 20 POUNDS! 😊</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<u>HEALTHY EMPLOYEES = MORE PRODUCTIVE EMPLOYEES.</u>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	HAVE LOST 20 LBS & HAVE ALSO QUIT SMOKING. EATING HABITS HAVE IMPROVED. FEELING HEALTHIER.
How often do you act on the advice given by the consultant?	All the time <u>MOST OF THE TIME</u> Sometimes Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	HELPS ME WANT TO STAY ON TRACK KNOWING I WILL BE CHECKING IN ONCE A MONTH.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques		} THESE ARE NOT TOPICS I HAVE INQUIRED ABOUT - NOT AN ISSUE FOR ME.
Time-management		

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	WE REALLY LIKE WHEN THERE ARE "FREE SAMPLE" DAYS WHEN THEY HAND OUT HEALTHY SNACKS. 😊
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Company London Hydro Date Oct 26 2012
 Consultant's Name Laura Bonte
 Location _____ Your Name Ku Tracy

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>4</u> 5
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 <u>4</u> 5
What motivated you to book a consultation?	<i>Realized I needed to change my lifestyle habits</i>
What did you like most about the consultation?	<i>Program tailored to me and not just a generic program</i>
What areas of the consultation could use some improvement?	<i>None that I am aware of</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>Consultant suggests very realistic goals.</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<i>I have very little time outside of the work place to do a program like this.</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	<i>None that I am aware of</i>
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	<i>stress management!</i>
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	<i>I always try to act on the advice, some works and some doesn't</i>
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <input type="radio"/> 3 <input checked="" type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	<i>Understands what I am/have been going through. Very knowledgeable in all areas.</i>
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	<i>Can suit any age or body type. very simple to do.</i>
Nutrition	5	<i>Very knowledgeable and up to date on the latest information</i>
Stress management techniques	5	<i>Has really helped me especially lately.</i>
Time-management	3	<i>Have not done much of this, but am sure knowledgeable if needed.</i>

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	<i>I find this program is effective as is. very happy with it.</i>
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Company London Hydro Date Oct 26/12

Consultant's Name Laura Bortler

Location 111 Horton St, London Your Name Brenda Brown

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>to improve my health & wellness</u>
What did you like most about the consultation?	<u>Laura is very easy to talk to</u>
What areas of the consultation could use some improvement?	<u>—</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>Very useful suggestions</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Walking more Changing eating habits
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often <input type="radio"/>
Please explain.	most of the time
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 <input checked="" type="radio"/> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	The talks
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	YES <input checked="" type="radio"/> NO <input type="radio"/>
What products or services has your consultant referred you to, if any?	—

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	—
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Company LONDON AYUROS Date Oct 29, 2012
 Consultant's Name Laura Bouter
 Location _____ Your Name JEFF ANDERSON

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	I was looking for exercises to do that would help improve my fitness. I had been going to the gym but needed a direction
What did you like most about the consultation?	Laura asks what I'm looking for and designs program to achieve results.
What areas of the consultation could use some improvement?	more time. that 30 minutes.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	my workouts have a purpose and I have lost weight.
Does your consultant give suggestions for lifestyle change that are achievable to you?	YES NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	I had been going to the gym for years and working out but not getting results because I lacked direction in my exercises.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I have lost weight.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 <input checked="" type="radio"/> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	New programs.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques		
Time-management		

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company London Hydro Date Oct. 26/12
 Consultant's Name Laura Bonter
 Location London, ON Your Name Laura Smily

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>(+10)</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>(5)</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>(5)</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>(5)</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>(5)</u>
What motivated you to book a consultation?	I was chosen as one of the employees (first 25) for the pilot.
What did you like most about the consultation?	I was hesitant at first but really enjoy being able to speak with someone who wants to help me reach my goals and doesn't judge me.
What areas of the consultation could use some improvement?	I do not have any issues with my consultations.
Do you feel that your consultant is able to help you achieve your goals?	<u>(YES)</u> NO
Please explain	we set reasonable goals for my lifestyle.
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>(YES)</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>(YES)</u> NO
Please explain	the wellness consultations are a confidential way for employees to discuss stress in their life and to have help incorporating overall wellness into everyday life.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	None.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	changing my sleeping habits and eating habits.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	I don't always follow the suggestions I am given.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 <input checked="" type="radio"/> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Knowing Laura truly cares about my concerns and/or accomplishments and the advice provided when needed/asked
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	Laura has a wide knowledge of fitness for my ability / Strengths / weaknesses
Nutrition	5	Laura has been able to provide suggestions for my lifestyle needs and my pickiness
Stress management techniques	5	Laura has been a great help for me as I have just been medicated for anxiety issues
Time-management	5	Laura has provided great suggestions to help create some "me" time in my busy life.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Amway Date 10/23/12
 Consultant's Name LAURA
 Location Amway Your Name NEIL O'HANLEY

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	WEIGHT GAIN!
What did you like most about the consultation?	LOTS OF INFORMATION - EXPERIENCED CONSULTANT - VERY FRIENDLY AND FELT AT EASE.
What areas of the consultation could use some improvement?	MORE OFTEN?
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	WE ARE SHOWING PROGRESS ALREADY
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	ACTUALLY THESE SESSIONS SHOULD BECOME PART OF WORK LIFE IN MY BOOKS - A WEEKLY REVIEW WOULD BE MORE BENEFICIAL TO STAY ON TRACK.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	None at this time.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	FOOD JOURNALING AND BETTER FOOD CHOICES
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time <input type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	STRESS REDUCTION ADDED SNACKS JULIED A GUM
Are there any topics that you wish were covered in your wellness consultations that are not?	<input checked="" type="radio"/> YES <input type="radio"/> NO
If yes, which topics are of interest to you?	SUPPLEMENTS? MUST HAVE VS SHOULD HAVE
How many weeks is it between your consultations on average?	2 <input checked="" type="radio"/> 3 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	THE REVIEW AND PEP TALK - LAURA IS SO EASY TO SHARE WITH.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	QUINOA - FINE WITH AS WILD RICE!

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	} CAN ONLY COMPARE AGAINST MY OWN LEVEL
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	<p>You guys <u>Rock!</u></p> <p>THANK YOU LAURA</p>
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Company Amway Date Oct. 25/12
 Consultant's Name Laura
 Location _____ Your Name _____

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 (+10)
How helpful was the consultant? (1=not, 5=very)	1 2 3 (4) 5
How would you rate the professionalism of the consultant?	1 2 3 (4) 5
How would you rate the communication skills of the consultant?	1 2 3 (4) 5
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	Health issues
What did you like most about the consultation?	Suggestions on exercises
What areas of the consultation could use some improvement?	Timing - late
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	Provider tips
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	great benefit.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Eating better.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	Not always "into" exercise regimen.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Checking up on what I have or have not done.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	physio

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	Exercise classes
Nutrition	4	
Stress management techniques	4	
Time-management	3	Late herself

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	great diversity of options Thanks.
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Company KW HYDRO Date Oct 31/12

Consultant's Name Gloria Vaughan

Location KITCHENER Your Name Jenny McCreedy

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<u>3</u> 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<i>Weight loss, interest and the positive attitude I see.</i>
What did you like most about the consultation?	<i>Having other food options choices and ideas</i>
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>She is motivating and focuses her energies on my needs.</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<i>I feel that wellness is all about 24/7</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I have changed my meal portions and options.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	Not always able to eat all of the things suggested.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 <u>6 7 8</u> 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Results driven
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	Gluten free bread, and other lunch & breakfast options

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	She has been an instructor at GoodLife and bootcamp.
Nutrition	5	Knowledgeable.
Stress management techniques	N/A	- not discussed as of yet
Time-management	N/A	- " " "

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	I believe for those starting a diet or fitness program, it would be beneficial to have more 1:1 follow-up appts. closer together to see the gains and celebrate the successes.
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Company hobart's Date Nov 1 2012

Consultant's Name Jen

Location _____ Your Name _____

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	5		
What motivated you to book a consultation?									
What did you like most about the consultation?									
What areas of the consultation could use some improvement?	<i>Need more time. more meetings per month</i>								
Do you feel that your consultant is able to help you achieve your goals?						<u>YES</u>		NO	
Please explain									
Does your consultant give suggestions for lifestyle change that are achievable to you?						<u>YES</u>		NO	
Is your wellness consultation something that you feel is important within your work place?						<u>YES</u>		NO	
Please explain	<i>Need information on healthy options.</i>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	
How often do you act on the advice given by the consultant?	All the time if Sometimes Not very often
Please explain.	most of the time. I sometimes forget.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 <u>6</u> 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	physical therapy, natural path.

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	4	
Nutrition	5	
Stress management techniques		not really sure. haven't talked about it.
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company HOBART Date 1 Nov. 2012

Consultant's Name JEN DONBAR

Location OWEN SOUND Your Name BRIAN POBLUSKE

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>4</u> 5
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 <u>4</u> 5
What motivated you to book a consultation?	<u>SORE BACK, STIFFNESS</u>
What did you like most about the consultation?	<u>EAGER, HELPFULL ATTITUDE</u>
What areas of the consultation could use some improvement?	<u>?</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>- ENCOURAGES ME - OFFERS GOOD EXERCISES</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO <u>BOTHER TO</u>
Please explain	<u>- I PROBABLY WOULDN'T GET HELP IF IT WASN'T EASILY AVAILABLE.</u>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	-SHE HELPED GET PROFESSIONAL HELP (PHYSIO THERAPY & MASSAGE THERAPY)
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	- I ALWAYS FOLLOW HER SUGGESTIONS FOR EXERCISES.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	- CONTINUOUS SUPPORT AT NO COST TO ME.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	PHYSIO & MASSAGE THERAPY

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	SHE'S NEVER AT A LOSS.
Nutrition	—	I'VE NOT ASKED HER ABOUT THIS
Stress management techniques	—	_____
Time-management	—	_____

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	SORRY I'M NOT MORE HELP.
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Company Selectpath Date Nov 1/12
 Consultant's Name Laura Bonfer
 Location Richmond Your Name Lori Norris

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	5		<u>+10</u>
How would you rate the professionalism of the consultant?			1	2	3	4	5		<u>+10</u>
How would you rate the communication skills of the consultant?			1	2	3	4	5		<u>+10</u>
How involved did you feel in deciding next steps for your health?			1	2	3	4	5		<u>+20</u>
What motivated you to book a consultation?	Needed to get weight under control								
What did you like most about the consultation?	really listens & adjusts to my lifestyle etc.								
What areas of the consultation could use some improvement?	I would like to be able to track Laura's notes on my file via on-line								
Do you feel that your consultant is able to help you achieve your goals?					<u>YES</u>		NO		
Please explain	It has become very exciting for me to mark progress - 40lbs Body Fat down to 18% from 32%								
Does your consultant give suggestions for lifestyle change that are achievable to you?					<u>YES</u>		NO		
Is your wellness consultation something that you feel is important within your work place?					<u>YES</u>		NO		
Please explain	Without the support and thru some rough times I would not have had this success								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	If I ask → she answers so no - not lacking
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Body fat content 32 → 18% wow
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time <input type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	I now workout at least 4 times per week - Laura helps me "mix it up"
Are there any topics that you wish were covered in your wellness consultations that are not?	<input checked="" type="radio"/> YES <input type="radio"/> NO
If yes, which topics are of interest to you?	Meal plans
How many weeks is it between your consultations on average?	2 <input checked="" type="radio"/> 3 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	She is responsive to my changes
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO Do so all of the time.
What products or services has your consultant referred you to, if any?	Aquatic Exercises Specific Supplements etc

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	I watched her crank it up herself.
Nutrition	5	She has helped me through some very rough times
Stress management techniques	5	
Time-management		n/a - I am very good at that

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	I'd like to see more specific tools for people who need a disciplined program. Practical Application. 2 Do This - Not This Eat This - Not This etc.
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Company Hobart Date Nov 1 2012
 Consultant's Name Jen.
 Location Owen Sound Your Name Geoff WAITE



Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey

One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	<u>4</u>	5		
How would you rate the communication skills of the consultant?			1	2	3	<u>4</u>	5		
How involved did you feel in deciding next steps for your health?			1	2	3	<u>4</u>	5		
What motivated you to book a consultation?	<u>I JUST WANTED TO CHANGE MY HABITS</u>								
What did you like most about the consultation?	<u>Enjoy feedback AND Bouncing IDEAS OFF JEN.</u>								
What areas of the consultation could use some improvement?	<u>NONE</u>								
Do you feel that your consultant is able to help you achieve your goals?						<u>YES</u>		NO	
Please explain									
Does your consultant give suggestions for lifestyle change that are achievable to you?						<u>YES</u>		NO	
Is your wellness consultation something that you feel is important within your work place?						<u>YES</u>		NO	
Please explain	<u>if I didn't have it here at work I would not do it.</u>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	no
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	weight loss.
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Jen back's it every month.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	4	Gives good advice
Nutrition	5	" "
Stress management techniques	N/A	
Time-management	N/A	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Kitchener-Wilmot Hydro Date 10/29/12
 Consultant's Name Gloria Vaughan
 Location Kitchener Your Name Ileana

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 (4) 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 (5)
How would you rate the professionalism of the consultant?	1 2 3 4 (5)
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	- Never feel 100% - want to change lifestyle - low energy - binge eating
What did you like most about the consultation?	- Gloria is very easy to talk to. - lots of suggestions
What areas of the consultation could use some improvement?	- need more time, 1/2 hour is not enough, especially if you're looking at making lots of lifestyle changes.
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	- Yes very helpful
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	yes because it shows that the company cares about you to promote wellness.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Quit Smoking started exercising. eating better
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	I'm exercising 3x/week, eating healthy daily.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 6 7 <u>8</u> 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	It's checking in too make sure I'm on track. Boost of Confidence.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	Yoga, exercise class, vitamins, food recommendations etc...

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	Gloria knows what she is talking about!
Nutrition	5	has recommended a variety of food choices I never would have thought of.
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	The only thing is I wish our sessions were longer, half hour every 8 weeks is not enough.
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Company LONDON HYDR0 Date OCT. 29/12

Consultant's Name LAURA

Location _____ Your Name _____

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	
What did you like most about the consultation?	
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>THE CONSULTANTS POSITIVE APPROACH IS HELPFUL AND MOTIVATING</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<i>NOT EVERYONE IS SELF MOTIVATED. THE CONSULTATIONS GIVE PEOPLE A STARTING POINT AND ENCOURAGES PEOPLE TO REACH THEIR GOALS.</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	THE CONSULTANTS ADVICE ENHANCES WHAT I AM ALREADY DOING.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	FITNESS, NUTRITION
How many weeks is it between your consultations on average?	2 3 4 5 <input checked="" type="radio"/> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Selectpath Benefits & Financial Date Oct 31/12

Consultant's Name Laura Bonter

Location 310-700 Richmond St London ON Your Name Roberta Dama

Employee Wellness Solutions Network Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 <u>8</u> 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>4</u> 5
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	Laura came up & introduced herself. Offered her services & asked if I would like to meet on any concerns.
What did you like most about the consultation?	Very informative & she works with you. Never negative. Motivating
What areas of the consultation could use some improvement?	more time / frequency
Do you feel that your consultant is able to help you achieve your goals?	YES NO Working on it
Please explain	We are working on it & have not completed or achieved it yet.
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	It is great. I worked for a large company for several years & never had this.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	diet exercise dealing with stress
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	Not for lack of advice, it's lack of me following through.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 6 7 8 9 10 +10 ← 2 - 3 = 4
What aspect of your wellness consultant keeps you coming each month? Please explain.	Outlet to talk through concerns that is kept private, motivation, suggestions, advice
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	exercises diet guide

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	Very knowledgeable
Nutrition	5	" "
Stress management techniques	5	" "
Time-management	5	" "

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	She does a great job & treats her clients with respect & compassion.
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Company HARRISON PENSA Date Oct 29, 2012
 Consultant's Name Laura Bouter
 Location 450 TALBOT Your Name JANN DANTLUK

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	- needed something / someone Beyond just me								
What did you like most about the consultation?	- EVERYTHING -- Laura makes suggestions and makes you feel good about yourself at the same time.								
What areas of the consultation could use some improvement?	Can't think of anything to suggest. She's awesome.								
Do you feel that your consultant is able to help you achieve your goals?					<u>YES</u>		NO		
Please explain	When I start to fall out of the zone, she always helps me re-focus								
Does your consultant give suggestions for lifestyle change that are achievable to you?					<u>YES</u>		NO		
Is your wellness consultation something that you feel is important within your work place?					<u>YES</u>		NO		
Please explain	- offering this service is rare for employers, helpful in recruiting new staff								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	nothing lacking
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Eating better, sticking with working out, improved measurements!
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time <input type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	"what would Laura suggest" is my mantra
Are there any topics that you wish were covered in your wellness consultations that are not?	<input type="radio"/> YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	<input checked="" type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Working out with Laura
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	nothing specific -- more types of food to focus on

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	} Laura is knowledgeable in all aspects and has the ability to impart her knowledge in a kind, pleasant manner - never talks down; makes you feel special always.
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Laura on site more would be nice, but understand why she can't be
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Thanks for asking for this feedback! Jan

She makes you feel you can achieve your goals!

Company AMWAY CANADA Date 10/26/2012

Consultant's Name _____

Location LONDON Your Name KRANK DEBATO

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 (+10)
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 (5)
How would you rate the professionalism of the consultant?	1 2 3 4 (5)
How would you rate the communication skills of the consultant?	1 2 3 4 (5)
How involved did you feel in deciding next steps for your health?	1 2 3 4 (5)
What motivated you to book a consultation?	WANTED TO TAKE ADVANTAGE OF FREE PROFESSIONAL HELP.
What did you like most about the consultation?	NEVER JUDGED & ALWAYS ENCOURAGES
What areas of the consultation could use some improvement?	PERHAPS BE MORE STRINGENT WITH OUR GOALS. MAKE US MORE ACCOUNTABLE
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	SHE EDUCATES & IS AN EXAMPLE OF POSITIVE LIVING
Does your consultant give suggestions for lifestyle change that are achievable to you?	(YES) NO
Is your wellness consultation something that you feel is important within your work place?	(YES) NO
Please explain	I FEEL IT'S IMPORTANT TO HAVE THAT ONE PERSON TO CONFIDE IN.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	/
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	CHANGED EATING HABITS & INCREASED ACTIVITY. CONSISTANTLY. BODY FAT % DECREASED AS A RESULT.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	OUTSIDE INFLUENCES PROHIBIT SOMETIMES. (I.E. - ITALIAN MAMA & HER PASTA!)
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	GOAL SETTING & ACCOUNTABILITY.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	FITNESS CLASSES ARE EXCELLENT
Nutrition	5	KEEPS IT SIMPLE
Stress management techniques	2	NOT RELEVANT FOR ME
Time-management	2	NOT A MAJOR ISSUE OR CONCERN EITHER

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company LONDON HYDRO Date OCTOBER 29/12
 Consultant's Name LAURA BONTÉ
 Location HES Your Name TOM BEALOCK

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<u>PROMOTION BY COMPANY; DESIRE TO BE HEALTHIER</u>								
What did you like most about the consultation?	<u>FRIENDLINESS & KNOWLEDGE.</u>								
What areas of the consultation could use some improvement?	<u>—</u>								
Do you feel that your consultant is able to help you achieve your goals?						<u>YES</u>		NO	
Please explain	<u>I HAVE LOST SOME EXTRA WEIGHT & AM EATING HEALTHIER</u>								
Does your consultant give suggestions for lifestyle change that are achievable to you?						<u>YES</u>		NO	
Is your wellness consultation something that you feel is important within your work place?						<u>YES</u>		NO	
Please explain	<u>BENEFICIAL TO LONG-TERM HEALTH OF EMPLOYEES & REDUCE SICK TIME</u>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	<hr/>
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	LOSING WEIGHT, BETTER EATING HABITS
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I SHOULD ACT MORE OFTEN, BUT GET TOO BUSY OR LET OTHER THINGS GET IN THE WAY.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	LAURA IS EASY TO TALK TO & DOES NOT GET "MILITANT" ABOUT MY NOT ALWAYS REACHING MY GOALS AS QUICKLY AS INTENDED
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	FITNESS CENTRE.

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	VERY KNOWLEDGEABLE
Nutrition	5	"
Stress management techniques	5	"
Time-management	5	" ; HAS GOOD ADVICE TO MEET SCHEDULE CHANGES.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	<hr/>
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Company Harrison Penga LLP

Date Oct 29, 2012

Consultant's Name Laura Bonter

Location _____

Your Name Shannon Davies

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>4</u> 5
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<i>lose weight, advice on meals</i>
What did you like most about the consultation?	<i>informative, easy to talk to, empathetic</i>
What areas of the consultation could use some improvement?	<i>n/a</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>consultations keep me on the right track with diet and exercise.</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<i>a healthy employee is a happy and productive employee!</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	increase muscle mass, more conscious of food choices
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I should act on all advice - but there have been times I've fallen off the wagon!
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> ^{to} <u>5</u> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	I like having monthly weigh-ins to track my progress.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	none that I can recall...

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	she works out regularly (cardio + weights)
Nutrition	5	she is able to suggest healthy alternatives and effectively answers my questions re. food.
Stress management techniques	5	by taking her advice, I have greatly reduced my stress levels
Time-management	<u>NO</u>	never really had issues here...

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	I think a lot of ppl think that wellness consults are just for measurements. more ppl may sign up for them if they know they can talk about food, exercise, time management, stress maintenance, etc.
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Company Selectpath Benefits Date 22/04/12
 Consultant's Name Laura
 Location SARVIA Your Name Wanda Richard

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<i>offered through our company</i>
What did you like most about the consultation?	<i>Laura</i>
What areas of the consultation could use some improvement?	<i>NONE - you could have her come here & set up a BOOTCAMP! LOL</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>I keep giving lame excuse and she keeps giving me motivation & ideas.</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<i>when it's time for her to leave, I feel motivated & when she's due for another consult, I start paying attention to what I have achieved & want to achieve.</i>

1

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	My Wellpower!!
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	incorporating (Guilt & Awareness) continuous form of exercise & very aware of my diet (BAD & GOOD)
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	Laura gives great advice tailored to me & I try her suggestions but fall off.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	??
How many weeks is it between your consultations on average?	2 3 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	<u>Encouragement!!!</u>
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	/

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	what hasn't she done / good fitness expertise
Nutrition	5	always good advice
Stress management techniques	?	N/A
Time-management	?	N/A

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	none im aware of...
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Company Amway Canada Date Oct 23/12
 Consultant's Name Laura Bonta
 Location London Ont. Your Name N. E. Meyer

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<u>my health.</u>								
What did you like most about the consultation?	<u>Knowledge, Professionalism, Flexibility, great attitude</u>								
What areas of the consultation could use some improvement?	<u>Ø</u>								
Do you feel that your consultant is able to help you achieve your goals?							<u>YES</u>	NO	
Please explain	<u>yes bec. she is supportive</u>								
Does your consultant give suggestions for lifestyle change that are achievable to you?							<u>YES</u>	NO	
Is your wellness consultation something that you feel is important within your work place?							<u>YES</u>	NO	
Please explain	<u>Bec. she is helpful.</u>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	<i>no</i>
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	<i>always give it a try</i>
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 6 7 8 9 10 <u>+10</u>
What aspect of your wellness consultant keeps you coming each month? Please explain.	<i>her attitude</i>
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	<i>exercise & food</i>

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	<i>5</i>	
Nutrition	<i>5</i>	
Stress management techniques	<i>5</i>	
Time-management	<i>5</i>	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	<i>other than the fact that she is great</i>
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Company Amway CANADA Date 10-19-12
 Consultant's Name Laura
 Location LONDON ON Your Name KAREN HARRISON

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>(+10)</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>(4)</u> 5
How would you rate the professionalism of the consultant?	1 2 3 <u>(4)</u> 5
How would you rate the communication skills of the consultant?	1 2 3 <u>(4)</u> 5
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>(5)</u>
What motivated you to book a consultation?	Health weight
What did you like most about the consultation?	I try harder to keep on track because I feel like I have cheated or FAILED FAILED when I have to go to a meeting
What areas of the consultation could use some improvement?	- need to push harder sometimes
Do you feel that your consultant is able to help you achieve your goals?	<u>(YES)</u> NO
Please explain	ARTHRITIS is under better control Lost 35 lbs
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>(YES)</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>(YES)</u> NO
Please explain	IT HELPS WITH muscle strain AT DESK - AND FEELING good helps work better

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	push harder to have me make changes
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	NO POP Vegetables (I HATE vegetables) and now eat 5 servings a day of fruit or veggie
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often <input type="radio"/> most of the time
Please explain.	most of the time sometimes it takes a long time
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	she is working lost weight look better feel better
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	fruit veggies sleep.

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	she make me hurt in class
Nutrition	5	feel more awake.
Stress management techniques	4	4 because I am not sure
Time-management	4	same

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Raura was great at the push to do better without making you feel like you were pushed.
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Company McKay Cocker Date Thursday, Oct 18
 Consultant's Name Laura Botner
 Location 1665 Oxford Street-London Your Name Hayley Ritchie

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<u>3</u> 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<i>Thought I would take advantage of the opportunity to have aid in making the right Health/lifestyle changes.</i>
What did you like most about the consultation?	<i>The consultations motivate me to put action into healthier lifestyle choices and stop my procrastination.</i>
What areas of the consultation could use some improvement?	<i>More frequent or longer apts</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>Laura is great at taking my ideas on changing my lifestyle and providing me with the info I need to turn those ideas into actions</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<i>If everyone else has similar results as myself, I feel it is very important here. My healthier choices show in my work ethic & energy levels.</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Time and/or frequency	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Before my meetings with Laura I was a heavy smoker and neglected my health (under weight + lazy) NOW I am 4 weeks without a cigarette, I eat healthy and signing up for exercise classes.	
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time	<input type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	I have been telling myself for 10 yrs to quit smoking + get healthy. Laura helped me make my goals more simple + actually attainable. I don't want to show up with an "incomplete homework assignment"	
Are there any topics that you wish were covered in your wellness consultations that are not?	<input type="radio"/> YES	<input checked="" type="radio"/> NO
If yes, which topics are of interest to you?		
How many weeks is it between your consultations on average?	2	3 4 <input checked="" type="radio"/> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Always has a welcoming smile and not judgemental. Gives great advice on attaining personal goals and how to make them a reality.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES	<input type="radio"/> NO
What products or services has your consultant referred you to, if any?	Cardio kick boxing class taught by a world champion (//)	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	always has new ideas for my MANY levels of energy and lack of time
Nutrition	5	Laura has provided me with a much healthier diet, always has excellent advice for nutrition on the go + great meal plans.
Stress management techniques	N/A	N/A I haven't had a reason to discuss stress yet.
Time-management	5	Helped me schedule in 'ME' time to a busy lifestyle

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	It's great but I would like more time - maybe 1 hour meetings instead.
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Company MCKAY-COCKER Date OCT 18/12

Consultant's Name LAURA BOTNER

Location 1665 OXFORD ST. E. Your Name WENDY WILKES

Employee Wellness Solutions Network Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u> +
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>GOALS THAT WERE SET</u>
What did you like most about the consultation?	<u>FRIENDLY, EASE OF COMMUNICATION</u>
What areas of the consultation could use some improvement?	<u>NONE</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	MAINTAINING PERSONAL "ME" TIME IN ORDER TO ELIMINATE STRESS.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	THE INDIVIDUAL PERSONALNESS TO EACH MEMBER DURING CONSULTATIONS.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	EXERCISE / DIET HANDOUTS / BROCHURES

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	NO
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Company Owens MacFadyen Group. Date October 12, 2012

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<u>3</u> 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<i>SOUNDED VERY INTERESTING</i>
What did you like most about the consultation?	<i>DIFFERENT RECEIPTS I COULD USE IN EATING HEALTHIER</i>
What areas of the consultation could use some improvement?	<i>N/A</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>SHE IS A GREAT MOTIVATOR</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	
Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	<i>N/A</i>

What is an example of an accomplishment, big or small, that you have worked on with your consultant?	TRIED NEW RECIPES - IN EATING HEALTHIER	
How often do you act on the advice given by the consultant?	All the time	<u>Sometimes</u> Not very often
Please explain.		
Are there any topics that you wish were covered in your wellness consultations that are not?	YES	<u>NO</u>
If yes, which topics are of interest to you?		
How many weeks is it between your consultations on average?	2	<u>3</u> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.		
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u>	NO
What products or services has your consultant referred you to, if any?		

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Owens MacFadyen Group

Date Oct. 18, 2012

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	+10
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	5		
How would you rate the professionalism of the consultant?			1	2	3	4	5		
How would you rate the communication skills of the consultant?			1	2	3	4	5		
How involved did you feel in deciding next steps for your health?			1	2	3	4	5		
What motivated you to book a consultation?	Always want to improve								
What did you like most about the consultation?	Consultant is friendly								
What areas of the consultation could use some improvement?	N/A								
Do you feel that your consultant is able to help you achieve your goals?						YES		NO	
Please explain	_____								
Does your consultant give suggestions for lifestyle change that are achievable to you?						YES		NO	
Is your wellness consultation something that you feel is important within your work place?						YES		NO	
Please explain	_____								
Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	_____								

What is an example of an accomplishment, big or small, that you have worked on with your consultant?	<i>Fitness goals</i>
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	<i>None</i>

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	<i>5</i>	
Nutrition	<i>5</i>	
Stress management techniques	<i>5</i>	
Time-management	<i>5</i>	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	<hr/>
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Company _____

Date _____

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 <u>4</u> 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	Consultant contacted me & I am glad she did!
What did you like most about the consultation?	she knows what she is doing & has given great advice where I need it.
What areas of the consultation could use some improvement?	?
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	I am into a training program not familiar w/ so she is a great help.
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	very convenient.
Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No

What is an example of an accomplishment, big or small, that you have worked on with your consultant?	weights + not getting injured.
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	above
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	good direction + advice
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

Please rate your confidence with your consultant's knowledge of:

Topic	1-5	Please Explain
Fitness	5	very qualified
Nutrition	5	"
Stress management techniques	N/A	
Time-management	N/A	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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