

Company BRUCE TELECOM

Date _____

Consultant's Name _____

Location TIVERTON

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?	WANTED TO DEVELOP FITNESS LEVEL + IMPROVE PHYSICALLY. IMPROVE EATING HABITS
What did you like most about the consultation?	I ENJOY RECEIVING IDEAS ON HOW TO BETTER MYSELF AT A PACE I CAN HANDLE WITHOUT PRESSURE
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	SO FAR I HAVE MADE HEAD WAY IN LOSING WEIGHT BUILDING MUSCLE MASS
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	THIS WOULD MAYBE NOT HAVE HAPPENED IF I DID NOT HAVE SOMEONE TO PUSH ME ON OR TO BE THERE FOR ME.

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?	WEIGHT LOSS
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 TRY TO MAKE CHANGES IN MY ROUTINE AS SUGGESTED
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.	MY WELLNESS PERSON KEEPS ME ON TRACK & HELPS ME TO DEVELOP MY PHYSICAL TRAINING PROGRAM. ALSO GIVES ME IDEAS ON HOW TO TREAT INJURIES
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	5	
Stress management techniques	4	
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 _____ Date JULY 9/13
 Consultant's Name ANGIE MAILHOT
 Location WATFORD (LIBRO) Your Name MARIAN RANKIN

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?									
What did you like most about the consultation?	<i>very easy to talk to & informative</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									
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>Gets us motivated.</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 <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>helpful</i>
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO <i>for sure</i>
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	<u>5</u>	
Nutrition	<u>5</u>	
Stress management techniques	<u>5</u>	
Time-management	<u>5</u>	

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 LIBRO FINANCIAL GROUP Date July 5/13
 Consultant's Name Angie Mailhot
 Location London East Your Name Kathleen Seaman

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>Stress!</i>
What did you like most about the consultation?	<i>Suggestions that I hadn't thought of</i>
What areas of the consultation could use some improvement?	<i>More dates, flexible to volumes of work</i>
Do you feel that your consultant is able to help you achieve your goals?	YES NO
Please explain	<i>All suggestions of how to reduce stress, the reminders to take time for myself, walking, etc - all helpful</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>Should continue in our workplace and be a permanent support to staff</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	More visits
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Walking, drinking at more water, seeing other health specialists
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.	Twice weekly seeing chiropractic clinic
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.	Confirmation of health, other suggestions to keep stress levels down
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	3	haven't really discussed this
Nutrition	4	She's very knowledgeable
Stress management techniques	4	walking, yoga, routine
Time-management	3	haven't discussed too much other than making sure to take time for myself

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	More Group sessions, Lunch + Learn programs Suggestions of websites, reading materials, more meetings
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Company Libro Financial Group Date July 9, 2013
 Consultant's Name Angie Mailhot
 Location Wattford Your Name Matt McLean

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 <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?	<i>I felt it was a good opportunity to make some improvements to my health/lifestyle.</i>
What did you like most about the consultation?	<i>- no pressure - provides positive feedback.</i>
What areas of the consultation could use some improvement?	<i>none</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>I think she is good at providing positive, manageable suggestions.</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>Improving ones wellness will improve your performance at work and home.</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 Sometimes 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 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 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		
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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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?	New, quick + healthy recipes that fit into our schedules.
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.	
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 <input 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 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	Stretches
Nutrition	5	Recipes + alternatives.
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 Libro Date July 5/13
 Consultant's Name Angie Mailhot
 Location London East Your Name Kathy Pelley

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?	Needed some tips & ideas on a more healthy lifestyle.								
What did you like most about the consultation?	Very friendly, down to earth.								
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?	more 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 <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?	better eating tips at work exercises

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	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 Libro Financial Group Date July 5 2013.

Consultant's Name Angie

Location London East Branch Your Name Meredeth Bouckley

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 <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?	Gives me someone to be accountable to for my goals.
What did you like most about the consultation?	Angie is very easy to talk to.
What areas of the consultation could use some improvement?	not sure.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	I am accountable to her.
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 me someone to talk to about handling stress.

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?	Healthy eating / weight loss
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.	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?	Sent me some handouts.

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 Libro Financial Group . Date July 5/13
 Consultant's Name Angie
 Location _____ Your Name _____

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 <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 <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?	Family illnesses, want to get healthy
What did you like most about the consultation?	easy to talk to
What areas of the consultation could use some improvement?	I would like a dietitian to be available. She can send documents but w/out a plan it means nothing to me
Do you feel that your consultant is able to help you achieve your goals?	YES <u>NO</u>
Please explain	I am all about time line + specific instruction. I need someone to look @ what I'm eating and say what is good + bad. Need more of a direction or program
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?	YES <u>NO</u>
Please explain	Again a plan for people make more sense than just meeting to chat. We have no follow up or action plan. Nothing against her (she is very nice) just no affective

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Explained above.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I have begun running but not do to anything w consultant.
How often do you act on the advice given by the consultant?	All the time Sometimes <u>Not very often</u>
Please explain.	_____
Are there any topics that you wish were covered in your wellness consultations that are not?	<u>YES</u> NO
If yes, which topics are of interest to you?	Actual meal plans (7 day) + written action plan.
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?	YES <u>NO</u>
What products or services has your consultant referred you to, if any?	best document on nutrition.

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

Topic	1-5	Please Explain
Fitness	2	All documents no examples or
Nutrition	1	walking me through how
Stress management techniques	N/A	to do it or what to eat.
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?	<u>See above.</u>
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Company Libro Financial Group Date July 9, 2013
 Consultant's Name Angie Mailhot
 Location Watford Your Name Jenny Esselment

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	not sure - I think									
	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 have someone to talk too, makes me feel accountable & it's great									
What did you like most about the consultation?	- Angie is so easy to talk too & she listens & always sends me emails with recipes or exercise/stretches									
What areas of the consultation could use some improvement?	NONE Awesome!!!!									
Do you feel that your consultant is able to help you achieve your goals?	YES					NO				
Please explain	- I've established a new daily walking routine & also really looking at healthy snacks for me & my family									
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	She's inspirational & motivates me to want to do more.									

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?	- strengthening my back (as per recent back injury) - snacks that are healthy - sharing success stories & getting motivated
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 her & feel the need to want to be the healthier me
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.	- having a plan/goal & keeping accountable for them
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?	- many emails, full of information we discussed.

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 to Improvements, It's awesome - Keep up the <u>great</u> work!!
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Company Liblo Financial Group Date July 20, 2013
 Consultant's Name Angie Malhotra
 Location Stratford Your Name Judy

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 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?	CONVENIENCE NEED/DESIRE TO MAKE SOME CHANGES.
What did you like most about the consultation?	ANGIE IS VERY SUPPORTIVE. NOT OVERWHELMING - RECOMMENDS AND ENCOURAGES SMALL, MANAGEABLE CHANGES
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	AS PER ABOVE - SMALL, MANAGEABLE CHANGES, ABLE TO FOLLOW UP @ NEXT CONSULTATION.
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 CONVENIENCE OF ON SITE CONSULTATION HAS MEANS I FIT IT IN. ADDITIONALLY - BETTER GENERAL HEALTH BOTH PHYSICAL + MENTAL IMPROVES WORK EFFICIENCY.

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?	DRINKING WATER EATING BREAKFAST PLANNING MEALS + SNACKS
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	Making Changes is Important to Me...
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.	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?	

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	N/A	Have't 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 LIBRO FINANCIAL GROUP Date JULY 12, 2013

Consultant's Name ANGIE MAILHOT

Location ARKONA Your Name JILL VAN LOON

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 <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?	ALWAYS INTERESTED IN HEALTHY OPTIONS
What did you like most about the consultation?	IT IS A GOOD REMINDER TO THINK ABOUT GOOD HEALTH.
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 GAVE ME SOME EXERCISES, AND THEY HAVE HELPED. SHE GAVE ME A FOOD OPTION THAT IS GREAT.
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 TO DO THE DESKERSIZES AS A TEAM. SHOWS OUR COMPANY IS CONCERNED ABOUT OUR WELLNESS.

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?	STRETCH FOR MY LOWER BACK.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	EXERCISES.
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?	<u>2 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 BUT I THINK THEY ALL ARE PARTICIPATING
What products or services has your consultant referred you to, if any?	CHIA + FLAX SEED GROUND

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

Topic	1-5	Please Explain
Fitness	4	SHE DOES A GREAT JOB!
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?	ONCE EVERY 2 MONTHS WOULD BE GREAT!
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Company LIBRO FINANCIAL Date JULY 11/13
 Consultant's Name ANGIE MAILHOT
 Location ARONA BRANCA Your Name BRENDA CLARK

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 think its a great benefit to have at work so I wanted to take advantage
What did you like most about the consultation?	That we can talk about whatever we want in terms of wellness & Angie is there for support
What areas of the consultation could use some improvement?	None that I can think of.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	It keeps me on track & accountable to someone
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	A healthy lifestyle is important both in the workplace & at home

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?	Weight loss + family meal planning / 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.	most of the time I try to implement all or pieces of what has been recommended to me
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's easy to talk to and I want to meet with her to stay on track
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?	None at this time except tools I can have at my fingertips to help keep me on track for my goals.

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

Topic	1-5	Please Explain
Fitness	5	I think Angie really knows her stuff in all areas & has access to many useful tools that she can share
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?	I think its great!
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Company Libro Financial Date July 11/13
 Consultant's Name Angie
 Location Arkara Your Name Matt Butler

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<input checked="" type="radio"/> 1 3 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 <input checked="" type="radio"/> 3 4 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 <input checked="" type="radio"/> 2 3 4 5
What motivated you to book a consultation?	<i>I felt like I was forced to. I didn't have much interest but figured I might see what it's all about.</i>
What did you like most about the consultation?	
What areas of the consultation could use some improvement?	<i>The consultant did a fine job.</i>
Do you feel that your consultant is able to help you achieve your goals?	YES <input checked="" type="radio"/> NO
Please explain	<i>It's just not for me. Nothing against the consultant.</i>
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?	YES <input checked="" type="radio"/> NO
Please explain	<i>As mentioned, it's just not for me. I believe others do get value from it.</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 Sometimes <u>Not very often</u>
Please explain.	<i>I have no interest in work out plans or over the top healthy foods. I'm in the minority though, many do find value.</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?	<u>N/A</u> 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 NO <i>MAYBE, IT DEPENDS</i>
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>I've only had 1 consultation,</i>
Nutrition	5	<i>so I'm not sure, but I believe it's high.</i>
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 Libro Financial Group Date July 11/13
 Consultant's Name Angie Mailhot
 Location Arkona Your Name Anne Vano



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 <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 <u>4</u> 5
What motivated you to book a consultation?	<u>I want to improve my lifestyle</u>
What did you like most about the consultation?	<u>Just talking with Angie about anything.</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>To me, my goals are small for now, baby steps.</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>Somewhat. I would like to I am eating healthy through out the day. As well, maybe 1 go for a walk during my lunch.</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?	Changing what I choose to eat at certain meal times.
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 like talking to her about things.
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?	

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

Topic	1-5	Please Explain
Fitness	4	Angie is very fit herself,
Nutrition	4	therefore I do trust
Stress management techniques	4	her in her knowledge of in
Time-management	4	all of these sections.

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 Fibro Date July 11/2013
 Consultant's Name Angie
 Location Arkona Your Name MONIQUE



Employee Wellness Solutions Network Head Office Consultation Feedback Survey

One-on-One Consultations

→ Not away here the day I work

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 +10 <u>(2)</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 <u>(4)</u> 5
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?	<i>To see whats new out there, and to help stay motivated</i>
What did you like most about the consultation?	<i>Friendly, Easy to Talk to</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>when we are both available</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>just not being able to come when I work</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 <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 4 <u>5</u> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	<i>N/A</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>recipes, sleeping tips</i>

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

Topic	1-5	Please Explain
Fitness	<i>4</i>	
Nutrition	<i>4</i>	
Stress management techniques	<i>4</i>	
Time-management	<i>4</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 Libro Financial Date July 9/13.

Consultant's Name Angie

Location London CBST Your Name Shelley Humphrey

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 <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 4 <u>5</u>
What motivated you to book a consultation?	<u>Health issues in past year.</u>
What did you like most about the consultation?	<u>personalized. she keeps track of ideas-goals and what we talk about.</u>
What areas of the consultation could use some improvement?	<u>on web site need basic weekly meal plans for different goals - lose weight, combining food, build muscle, become vegetarian.</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>She gives me info, sanding board, goal setting. A little extra, push.</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>STRESS IN WORK. CAN TALK TO SOMEONE OR GET IDEAS almost monthly to help.</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?	Walking.
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?	HAVE NOT HAD ENOUGH time yet to determine YES NO plus.
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?	-We are discussing Hypnotherapy.

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		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 Libro Financial Date July 11/13
 Consultant's Name Angie
 Location Arkona Your Name Annet Loop

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 <u>3</u> 4 5
How would you rate the professionalism of the consultant?	1 2 <u>3</u> 4 5
How would you rate the communication skills of the consultant?	1 2 <u>3</u> 4 5
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?	I was interested to see what it was was all about.
What did you like most about the consultation?	I learned some new weight exercises to do at home.
What areas of the consultation could use some improvement?	I feel like I meet her b/c I have to, but don't have much to talk about. I exercise everyday & eat really healthy already.
Do you feel that your consultant is able to help you achieve your goals?	YES <u>NO</u>
Please explain	I already eat extremely healthy and I find I personally don't have much to learn from Angie.
Does your consultant give suggestions for lifestyle change that are achievable to you?	YES NO N/A
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	We love the healthy recipes and tips, but just don't require a

monthly meeting. because our branch is so small, when she comes out, everyone gets a turn to see her. Personally I think 4 x a year would be perfect.

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 do drink more water now.
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.	as said before - small branch, don't want to lose it for everyone else so I go.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	YES NO <u>Probably</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	5	she knows a lot about fitness
Nutrition	5	she seems to believe in 'Natural' foods like me.
Stress management techniques		- can't say
Time-management		- can't say

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Love program & recipes, but just don't need my one on one as often
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Company LIBRO Date 2013 07 24
 Consultant's Name ANGIE MAILHOT
 Location STRATHROY Your Name DAVID KETTLEWELL

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>GREAT INFORMATION</u>
What did you like most about the consultation?	
What areas of the consultation could use some improvement?	<u>ALL GOOD.</u>
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	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 Libro Date July 25/13
 Consultant's Name Angie Mailhot
 Location Strathroy Your Name Jo-Anne Beje

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 <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?	Excitement to be healthier and word of mouth from other staff
What did you like most about the consultation?	She is very approachable & understanding & has great resources
What areas of the consultation could use some improvement?	Seems like 1 1/2 hr. is too short often.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	She has great resources and asks good questions
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>Very</u> <u>YES</u> NO
Please explain	Our staff are healthier all the way around

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?	Personal Life Stress Mgmt.
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	Read her handouts take her advice/suggestions
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 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Angie is a wonderful friendly person whose personality makes the day!
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?	Books Counselling suggestions Other handouts - one page.

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		Have not used this

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Angie truly walks the walk & talks the talk. She is a Great Mentor and Role Model.
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Company LIBRO FINANCIAL GROUP

Date July 16/13

Consultant's Name ANGIE

Location London Downtown

Your Name JO ANN MCKINLAY

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>I need to look after my health.</i>
What did you like most about the consultation?	<i>Very informative, and helpful.</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>Yes, we have done some internet research, and this will hopefully help me achieve my goals.</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>Yes, because I cannot be productive if I am feeling not well.</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>Gathering info to pinpoint the reason(s) I am not losing weight.</i>
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>Changing diet. Adding exercise.</i>
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.	<i>Helpful info and motivation</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>naturopaths</i>

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

Topic	1-5	Please Explain
Fitness	<i>4</i>	<i>How important exercise is.</i>
Nutrition	<i>5</i>	<i>Proper diet to lose weight</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 LIBCO Date July 19/2013
 Consultant's Name ANGIE
 Location LONDON - YORK ST Your Name ED ROEPE

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?	increase wellness awareness
What did you like most about the consultation?	simple solutions to keeping fit.
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	Keeps me focused on the goal
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		
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 Libro Financial Group Date July 16/13
 Consultant's Name Angie Mailhot
 Location London Downtown Your Name Caleigh Robson

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 improve my health / fitness
What did you like most about the consultation?	All the great tips Angie sends me after each 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 makes suggestions on things to try and encourages me to along the way
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	To be successful in your work you need to make sure all the other things in your life are in check.

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?	Meal Planning
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 work on at least one of the things we discuss in our meetings
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.	All the great tips Angie sends 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?	Meal Planning Websites Cookbooks

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

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	N/A	Haven't discussed
Time-management	N/A	Haven't 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?	Overall a great experience and look forward to future meeting with Angie.
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Company LIBRO Date July 15, 2013
 Consultant's Name Angie Mailhot
 Location London East Branch Your Name Andrew Brown

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 <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?	Corporate program
What did you like most about the consultation?	Personalized consultation
What areas of the consultation could use some improvement?	Perhaps set a plan with definitive steps & progress
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	We just need to do a better job of setting achievable 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	physical fitness makes us better employees & goes with mental fitness

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	We could have done better making a personalized plan with specific objectives & timelines.		
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Angie gave me specific stretching exercises to help with other routines.		
How often do you act on the advice given by the consultant?	All the time	<input checked="" type="radio"/> Sometimes	Not very often
Please explain.	In summer months I am not doing exercise routines as faithfully.		
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
What aspect of your wellness consultant keeps you coming each month? Please explain.	5	6	7
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	8	9	10
What products or services has your consultant referred you to, if any?	+10	Angie changes things up - last consultation was a 20 min walk	
	<input checked="" type="radio"/> YES	NO	
	None that I am aware of		

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

Topic	1-5	Please Explain
Fitness	5	
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 Libro Date July 24/13
 Consultant's Name Angie
 Location Strathroy Your Name Karey

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 <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?	<i>interest in personal health</i>
What did you like most about the consultation?	<i>relaxed - very informed</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>gathers info</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>personally I had made a commitment to better health and she helps to keep me on track.</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>stretching</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>Pleasant reminder & coach</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?	

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>need to suggest improvements for workplace to admin @ "luncheon day" instead of sick days allowance.</i>
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Company LIBRO Date July 2013
 Consultant's Name Angie
 Location Admin Office Your Name _____

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	<u>4</u>	<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	<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>-get more active, healthier eating</u>								
What did you like most about the consultation?	<u>-tips to achieve goals</u> <u>recipes</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									
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?	-drinking more water.
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 4 <u>5</u> <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?	

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 Libro Date June 12-13
 Consultant's Name Anaëje
 Location Blenheim Your Name John DeBruyn

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?	being healthy, eating properly & getting a good night sleep motivated me
What did you like most about the consultation?	Knowledgeable, lots of info at her fingertips
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	all the little stuff that didn't seem too important, is now more important!
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 tells all staff that healthy living is good for everyone & the employer also benefits.

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?	more walking. Eat less bread. Try to bring more water.
How often do you act on the advice given by the consultant?	All the time Sometimes Not very often
Please explain.	everything I eat & do, I wonder, "what would Angie say"?
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.	general info.
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?	

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	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 Libro Date June 12/13
 Consultant's Name Angie Mailhot
 Location Blenheim Your Name Tammy Toll

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?	mostly because of influence at work. encouraging us to go.
What did you like most about the consultation?	Angie is very easy to talk to, friendly not judgemental.
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	offers tips, exercises, recipes, encouragement
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?	YES <u>NO</u>
Please explain	don't really use suggestions at work, more personal life

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 Sometimes <u>Not very often</u>
Please explain.	I am already aware of what I need to do & talking with her doesn't motivate me.
Are there any topics that you wish were covered in your wellness consultations that are not?	(my own fault, not hers) 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.	obligation
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?	recipes, exercise tips websites.

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

Topic	1-5	Please Explain
Fitness	5	Very active & fit herself
Nutrition	5	gives personal examples
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 Libro Financial Group Date JUNE 2013
 Consultant's Name Angie Mailhot
 Location Blenheim Your Name Suzi French

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 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?	Stress → need help.
What did you like most about the consultation?	ideas, suggestions.
What areas of the consultation could use some improvement?	? Summary of things we talked about?
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	WJ offers email feedback as well - if stuck on a goal.
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 love it and think it's very beneficial for staff.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	for me wellness = mental health as well - Angie is good at this but feel other areas are her "fortait"
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 type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	She is here to help, I am asking for help → no good to me ^{or her} if I don't follow
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.	goals, suggestions, 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?	Stress relief → products → not so much

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

Topic	1-5	Please Explain
Fitness	5	I know she teaches classes
Nutrition	5	Often has recipes or books
Stress management techniques	3	can send me stuff → gives me details of how she does it.
Time-management	3	haven't really gone there per say.

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 come in on my days off → my manager & I have talked about this → but this seems to work best → if Angie could change days would help! (but not worried or expected).
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Company Libro Financial Group Date June 13/2013
 Consultant's Name Angie Mailhot
 Location Blenheim Your Name Kim Dageris

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<u>2</u> 3 4 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 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 need to get back on track with my health - life has been very busy and I am ready to get back on track.</i>
What did you like most about the consultation?	<i>She is very helpful + supportive. She always follows up with information as promised</i>
What areas of the consultation could use some improvement?	<i>none</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	

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?	getting back on track for myself and helping by give me some of her experiences with common experiences
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.	this is due to my personal life schedule right now.
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.	I like her being my support + reminder of what I need to be doing.
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?	she has sent me information by email that would be helpful on current situation

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 Libero Date June 26/13
 Consultant's Name Angie
 Location Blenheim Your Name Cecilia Koehle

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 <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 <u>4</u> 5
What motivated you to book a consultation?	<i>Why not, it's being offered.</i>
What did you like most about the consultation?	<i>It's good to see how to move forward</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 explains the</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>but not necessarily every month</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	I have had so few visits I find it hard to say									
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?	most.	All the time	Sometimes	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	6	7	8	9	10	+10
What aspect of your wellness consultant keeps you coming each month? Please explain.	easy to talk too.									
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?										

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

Topic	1-5	Please Explain
Fitness		
Nutrition		She seems very knowledgeable all round.
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 Libero Financial Group Date July 31/3

Consultant's Name Angie Moulton

Location St. Thomas Your Name Kelly Humphries

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?	<u>the idea of taking better care of myself</u>
What did you like most about the consultation?	<u>that I can say anything & it is confidential</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>Angie is awesome</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>She can help me deal with my stress</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?	more water intake
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?	fitness programs, more water intake, healthier eating

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 Libro Financial Group Date July 3/13
 Consultant's Name Angie Walhot
 Location St. Thomas Your Name Sarah Walton

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 <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?	General interest in health & wellness - wanted to learn more
What did you like most about the consultation?	How Angie listens + never judges
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 supportive of any goal that I come up with
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	Wellness is a great thing to have into work place

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?	
How often do you act on the advice given by the consultant?	All the time Sometimes Not very often
Please explain.	Love Angela's recipes!
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.	Her knowledge + expertise
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?	

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

Topic	1-5	Please Explain
Fitness	5	Always giving me new exercises + tips
Nutrition	5	Always has a new recipe
Stress management techniques		N/A never asked for this
Time-management		N/A never asked for this

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 LIBRO FINANCIAL GROUP Date July 3/13
 Consultant's Name ANNE MAILHOT
 Location ST THOMAS Your Name Les Pickering

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?	I NEEDED A KICK START TO MAKE CHANGES IN MY LIFESTYLE IE: POOR NUTRITION, LOW ACTIVITY
What did you like most about the consultation?	SHE DIDNT GIVE UP ON ME - I DIDNT REALLY START MY CHANGES UNTIL THE 3RD CONSULTATION
What areas of the consultation could use some improvement?	I CANT THINK OF ANY
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	THE MONTHLY MEET UPS KEEP ME HONEST I WANT HER TO SEE MY RESULTS SHE ALSO SHARES HER RECIPES + TIPS
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	DEFINATELY!! I NEEDED A HUGE LIFESTYLE CHANGE - SHE SUGGESTED ANOTHER EMPLOYEE AS AN ACCOUNTABILITY COACH WHICH STARTED MY ROAD TO SUCCESS!

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO - SO FAR I'M VERY PLEASED WITH HOW THIS WORKS
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	- WALKING AT LEAST 3X A WEEK - DRINKING WAY MORE WATER - MAKING SURE I HAVE A SNACK (HEALTHY)
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	- READ LABELS, AND KNOW WHAT TO AVOID - EATING MORE RAW + WHOLE FOODS
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.	ACCOUNTABILITY, AND I USUALLY HAVE QUESTIONS TO AUGMENT MY PLAN
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?	RAW + NATURAL + WHOLE FOODS - WEB SITES (FOR RECIPES)

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

Topic	1-5	Please Explain
Fitness	5	EXTREMELY KNOWLEDGABLE,
Nutrition	5	" " "
Stress management techniques	5	WALKING HAS HELPED MY STRESS LEVEL
Time-management	<u>5</u>	- HELPED ME TO PLAN AHEAD (MEAL PLANNING)

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	AS FOR MY EXPERIENCE, I WORK AT DIFFERENT DESKS (PROBABLY) 2X A WEEK. AS FAR AS ERGONOMICALLY CORRECT I OFTEN SUFFER NECK + BACK PAIN - PERHAPS SOME PROGRAMS IN ADDRESSING THOSE ISSUES
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Company _____

Date June 13/06.

Consultant's Name Angie

Location Blenheim

Your Name John Tarr

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	? (3) or (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>It's good for me &</i>
What did you like most about the consultation?	<i>Good advice + Bob's recommendations + some of the "homework"</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	
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>Very helpful. to keep this top of my mind.</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?	Walking, water water.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	Switching habits is difficult:
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 <u>5</u> 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?	I'm very glad Liba has added this program: Thanks!
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Company Libro Financial Date June 14/13
 Consultant's Name Angie
 Location Blenheim Your Name _____

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 <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>new program @ work</i>
What did you like most about the consultation?	<i>good listener, very helpful</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	
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?	<i>routine exercises</i>
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 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.	<i>new discussions</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	
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?	<i>I feel every month is excessive so I book every other visit.</i>
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Company LIBRO Date June 18/13
 Consultant's Name ANGIE MALHOT
 Location London Your Name MIKE MACINTYRE

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 <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?	<u>GET HEALTHIER.</u>
What did you like most about the consultation?	<u>IDEAS, INFORMATION</u>
What areas of the consultation could use some improvement?	<u>SPECIFIC PLANS</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>(YES)</u> NO
Please explain	<u>IDEAS TO BECOME BETTER.</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?	LIFESTYLE CHANGES.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	HOLD SELF ACCOUNTABLE.
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.	APPROACHABLE LMD BACK.
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	ANGIE HAS GREAT IDEAS.
Stress management techniques	4	A GREAT HELP!
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?	IND. GOAL / PLAN AND HOLD ME ACCOUNTABLE.
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Company Libro Date June 19/13
 Consultant's Name Angie
 Location London Downtown Your Name Marlene

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?	Weight loss, Having someone who can coach us is great 😊
What did you like most about the consultation?	No pressure, Angie is very understanding
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 meeting my personal 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	Angie keeps me on track & provides good suggestions.

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?	Set a goal to lose 10 pounds + have almost reached my goal
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.	Angie suggesting joining a gym but I believe that it wouldn't benefit me based on past experience
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 ^{or eight} 5 6 7 <input checked="" type="radio"/> 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	- Angie is very easy to talk to - does + is 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?	- exercising with a ball. - gym membership

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?	<p>Team challenges were fun & gets everyone involved</p> <p>- Walking challenge is good</p> <p>Staff here are very competitive</p> <p style="text-align: center;">2</p>
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Company Libro Financial Group Date June 19, 2013
 Consultant's Name Angie Maillo
 Location 107 Central Ave Your Name Michelle Carey

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?	I am trying to live a healthier life and deal with a <u>very</u> fussy 4-year old
What did you like most about the consultation?	Different perspective on issues, someone else to be accountable to.
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	She has great resources available and checks in on topics previously discussed
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 has opened up a great dialogue amongst the staff, and we really encourage one another. Food is always around the office, but since this program has been implemented there has been a significant decrease in junk food.

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?	Working on options for nutrition for my son. We got a blender and started smoothies, he is only taking a few sips, but baby steps!
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.	I, like most others need more discipline and self-motivation.
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.	Accountability check in
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 has all of the resources available, and if ever she doesn't have an immediate answer, she gets it.
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 Libro Financial Group

Date June 6, 2013

Consultant's Name Angie Maihot

Location Administration

Your Name Janet Taylor

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?	<i>The open communication.</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	
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?	Angie helped me to frame some difficult family conversations that went well.
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 <input checked="" type="radio"/> 5 <input type="radio"/> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	I am eager to see what there is that Angie can offer me.
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	I've only had 3 visits
Nutrition	4	so I'm learning what
Stress management techniques	4	Angie knows and how it
Time-management	4	can help 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 Libro Financial Group

Date June 4, 2013

Consultant's Name Angie Mailhot

Location Libro Financial Group Admin

Your Name Sherr. Fordyce

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 <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?	thought it cant hurt any information can help with over all my health
What did you like most about the consultation?	Angie makes it very easy to talk to her. She always has some great ideas.
What areas of the consultation could use some improvement?	I think she does a great job.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	the goal are realistic and she says just do what you feel like doing and then youll want to do more
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	they are only there to help, never a negative word

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 told Angie I get upset with myself when when I don't exercise daily. She said don't get down on what your doing, just if you miss a day just do something the next day.
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.	Angie said try Stinging Nettle tea, now I drink a glass daily.
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 <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 a new suggestion. Last appointment talked about lack of sleep she suggested to read before at bed.
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?	stinging nettle tea

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

Topic	1-5	Please Explain
Fitness	5	ways to fit in exercise
Nutrition	5	sending recipes
Stress management techniques	5	ways to relax
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 Libro Financiera Date June 5/13
 Consultant's Name Angie Mailhot
 Location Contact Centre Your Name Lindsey Seco

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?	<u>I enjoy being healthy and learning new things</u>
What did you like most about the consultation?	<u>Everything</u>
What areas of the consultation could use some improvement?	<u>Sometimes appointments go past the time frame so it's sometimes awkward to be waiting around.</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>Very helpful w helping me w stretches that strengthen my back + neck</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.	<hr/>
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	- back/neck stretches - new snack ideas (healthy)
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 5</u> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	All of it
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	3/4	
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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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?	Exercises for my knee = diet & healthy eating tips.
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.	Her helpful advice + her pleasant demeanor!
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 Libro Financial Date July 24/13
 Consultant's Name Angie Mailhot
 Location Strathroy Your Name Cathy Foster

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?	Curiosity + wanting to become more healthy
What did you like most about the consultation?	Very pleasant + professional + knowledgeable
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	Has good advice + is encouraging.
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 sit alot in my job + her suggestions help me to remember to be active.

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?	Helping with my diet & being more balanced. Different ways to get protein.
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.	Her Knowledge on health & wellness.
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?	protein powder

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 Libro Financial Group Date June 14, 2013

Consultant's Name Angie

Location Blenheim Branch. Your Name Jennifer Scott

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<u>1</u> 3 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	<u>didn't have time for 2nd apt. - She comes in on my day at my other job. She listened well & had some suggestions</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>I am having some health issues that I have been working on fixing - Needed another opinion.</u>
What did you like most about the consultation?	<u>time for me!</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?	YES <u>NO</u> <u>Not yet.</u>
Please explain	<u>just got to explain my life story.</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	YES <u>NO</u>
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.	
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?	
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.	<i>I only work part time @ Libro - I work at other job when wellness coach is here.</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		/
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?	<i>Sorry I wasn't more help is</i>
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Company Lakeside Date July 11 / 2013
 Consultant's Name Ashley
 Location Oakville Your Name Cathy BERMON

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 <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>I'm always looking for ways of improving my health.</i>
What did you like most about the consultation?	<i>Ashley is very friendly & very easy to open up to</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	
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?	Increasing the frequency of 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 <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.	Booking ahead of time. Someone to be accountable to
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		not covered yet
Time-management		not covered yet.

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 Lakeside. Date 7/11/2013.

Consultant's Name Ashley De Franco.

Location Oakville, ON. Lakeside office. Your Name Sarah Houle.

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?	The introduction meeting we had motivated me. Everyone seemed friendly and I figured if my company offers it why not
What did you like most about the consultation?	She is super easy to talk to and I don't feel like she is judging me. It's also really casual and I look forward to the meetings. I feel like it's a nice break from work once a month.
What areas of the consultation could use some improvement? <u>I like it the way it is</u>	
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	Ashley is amazing. She listens & is great at conversation. I feel like she truly wants me to do well.
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	She keeps me accountable. I love having goals & achieving them. Ashley helps me w/ that. I also tell my boyfriend about my new goal each month and he helps me with them. I feel like I have a lot of support and that is a great feeling.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	It's all good!!
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I set a goal to run 3 times a week and I actually did it!
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.	She never gives me advice that is impossible for me. Sometimes I may not do everything but I'm now always thinking about it.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO I feel like she would be open to any topic
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.	Ashley is so nice and I feel like I have a lot in common with her.
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?	None.

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

Topic	1-5	Please Explain
Fitness	5	She knows a lot more than me.
Nutrition	5	I'm a vegan and she seems to support that.
Stress management techniques	4	only b/c she's younger, we're pretty equal in age, our experiences are similar.
Time-management	5	Seems okay to 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?	maybe have a list of suggestions to talk about. Sometimes I feel nervous that what I'm talking about is not what everyone else is doing.
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Company Lakeside Date July 11/13
 Consultant's Name Ashley De Franco
 Location 1185A North Service Rd East Your Name Meagan Campbell

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?	Ashley is a fantastic listener and makes you feel very comfortable. She gives great tips and I heard booking a session was worthwhile.
What did you like most about the consultation?	How involved Ashley got with really wanting to get to know your health needs and giving more than one solution to any problem.
What areas of the consultation could use some improvement?	I feel very satisfied with my consultations
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	Every goal I have set, I have either reached, or continue to reach.
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 believe everyone needs a little push to help them achieve their goals and get them thinking positive.

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?	An accomplishment of mine was eating healthier meals, which I have greatly improved with Ashley's help!
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.	more often than not. I'm human, I make mistakes Sometimes!
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.	Ashley is a very good listener and her positive feedback keeps me coming back.
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?	Foods I was unaware of.

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

Topic	1-5	Please Explain
Fitness		We have not talked about fitness.
Nutrition	4	I have not had enough consultations to know.
Stress management techniques	3	we haven't really talked too much about this yet.
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?	Keep up the fantastic service!! 
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Company Lakeside Date 6/10/2013
 Consultant's Name Ashley De Franco
 Location Oakville Your Name Diana Belanger

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?	improve health
What did you like most about the consultation?	personalized
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	good advice / suggestions that are showing improvements
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	stress management / improved health will improve our lives

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?	increasing exercise + toning
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.	she has provided options and I choose the one that best fits me.
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.	Seeing results and getting encouragement from Ashley
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?	websites

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	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 Lakeside Date June 6, 2013
 Consultant's Name Ashley
 Location Oakville Your Name _____

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 <u>3</u> 4 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 <u>3</u> 4 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?	Excited to see what the program is all about!
What did you like most about the consultation?	She is easy to talk to.
What areas of the consultation could use some improvement?	The sessions are short and Ashley tends to show Youtube videos which can be watched on our own time and not during the consultation.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	She does offer some good suggestions but I need more energy from her. I would like to see her more upbeat and high energy.
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 would like her to offer more suggestions or new things to try. I'm struggling to get more ideas out of her.		
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	Not very often
Please explain.			
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 and planning.		
How many weeks is it between your consultations on average?	2	3	<input checked="" type="radio"/> 4
What aspect of your wellness consultant keeps you coming each month? Please explain.	5	6	7
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 Nothing really.		

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

Topic	1-5	Please Explain
Fitness	4	
Nutrition	5	
Stress management techniques		We haven't discussed this topic so I can't comment.
Time-management		We have not discussed this topic.

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 4 weeks is a long time between consultations. Weekly check-ins with an email or even a phone call would help to keep us motivated. It would be easier to recover from a bad week if we could touch base more often.
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Company Lakeside Date June 6 2013
 Consultant's Name Ashley DeFranco
 Location _____ Your Name Cecille Gooding

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?	To lose weight, better meal choices
What did you like most about the consultation?	Ashley is friendly and she listens
What areas of the consultation could use some improvement?	None the way she is 😊
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	I have lost 2 inches in 2 months & I am eating better
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 us to realize you can be healthy on a busy schedule

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?	<input checked="" type="radio"/> All the time Sometimes Not very often
Please explain.	I eat breakfast more often, I added fruits & veggies to my diet
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 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?	N/A

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?	Glad a program was implemented
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Company Lakeside Date June 7.13
 Consultant's Name Ashley De Franco
 Location Oakville Your Name Tracey Fischer

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?	-wanted to support the program -lots to work on so it seemed like a good place to start.
What did you like most about the consultation?	-always have positive suggestions and ideas
What areas of the consultation could use some improvement?	-maybe a five minute buffer between appts so she can have a breather!
Do you feel that your consultant is able to help you achieve your goals?	<u>B</u> <u>YES</u> NO
Please explain	But mainly it's up to me to do the work.
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	When you are super busy, taking care of yourself slides to the bottom of the list. The wellness programs helps keep 'me' in the list of priorities.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No Ashley does a great job.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Drinking more water, doing some exercise - small steps but they're a step in the right direction.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I love her ideas - just have to make them a 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.	I feel like she has solutions and I won't get scolded if I haven't been on track.
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?	Youtube videos, massage

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

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	5	we did 5 mins. deep breathing meditation and it really helped
Time-management	5	suggestions on how to fit exercise into my routine

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 Jun. 19, 2013
 Consultant's Name DAWN DUNFIELD
 Location SAINT JOHN Your Name P. ELKIN

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>offered thought work. provided a supplement to enforce what I was already doing correctly.</i>
What did you like most about the consultation?	<i>confidentiality. confidence with Dawn.</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>understands the challenges/difficulties of achieving goals of self-worth.</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>convenient to have someone as professional as Dawn available at work. Easy to meet, not so much dependent on me to initiate process.</i>

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?	Eating habits. Ergonomics.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	As mentioned, it is a supplement to what I have already been doing.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES NO DON'T really know.
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.	professional. Knowledgeable. Shows interest/caring.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO - definitely
What products or services has your consultant referred you to, if any?	exercise rope

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

Topic	1-5	Please Explain
Fitness	5) extremely knowledgeable + I can be credentialed to back it up.
Nutrition	5	
Stress management techniques	4	- mostly, although add time not sure of demands of this particular job.
Time-management	4	- work-in-progress.

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 June 19 2013
 Consultant's Name Dawn Dunfield
 Location SAINT JOHN NB Your Name Ellen de Kruyff

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 ^{Not sure} 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?	Helped with setting goals, & good follow-up.
What did you like most about the consultation?	Smart, good advise, realistic, Kind, Motivating, Multi-skilled approach
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	Helped to make goals achievable by making small changes.
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	Provides an impartial listener

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 habits.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	Health set back prevented full follow-through, altered goals to work around.
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.	Enjoy topics, & smart advise.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	Some - YES NO
What products or services has your consultant referred you to, if any?	Food Benefits

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

Topic	1-5	Please Explain
Fitness	5	Great knowledge technique
Nutrition	4	- V. helpful - Good Series
Stress management techniques	4	- good Series / help with Breathing Visualization
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 Owens MacFadyen Group Date February 19/13
 Consultant's Name Dawn Dunfield
 Location Saint John NB Your Name Ellen Doyle

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?	After initial meeting w Dawn, felt very comfortable -
What did you like most about the consultation?	Dawn let me decide what areas of concern/direction of approach to take for best results.
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 Very patient.
Please explain	Dawn understands my need to get my "ducks in a row" to best achieve some positive results.
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.	N/A.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Water / 1st thing in AM + throughout the day - HUGE change to hunger/mood, tiredness.
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.	I try to act on things in such a way as to achieve positive results and not feel disappointed in myself - Dawn is a great support to this.
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?	N/A.
How many weeks is it between your consultations on average?	2 3 4 5 6 7 8 9 10 +10 variable
What aspect of your wellness consultant keeps you coming each month? Please explain.	upbeat - encouraging. NO - judgments.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	YES <input checked="" type="radio"/> NO <input type="radio"/> I have.
What products or services has your consultant referred you to, if any?	Exercise Tubing - measurable water (rubber hose as I jig to keep at my desk). like to call it <input checked="" type="radio"/>

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 Date Feb. 19, 2013
 Consultant's Name Dawn Dunfield
 Location Saint John, NB Your Name K. McLaughlin

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>need tips and motivation</i>
What did you like most about the consultation?	<i>easy to communicate, confidentiality</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?	YES NO
Please explain	<i>keeps me "on track"</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>less sick days, more productive.</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>journal & food log</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 NO
If yes, which topics are of interest to you?	<i>I would like an "in house" yoga class.</i>
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.	<i>accountability</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?	

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>not one of our topics</i>
Time-management		<i>not one of our topics</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 TRW OSS CANADA Date JUNE
 Consultant's Name DENISE ECCLES
 Location MIDLAND ONT. Your Name TAM CORBETT

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?	POOR HEALTH
What did you like most about the consultation?	VERY UP FRONT TELLS YOU WHAT YOU NEED TO KNOW.
What areas of the consultation could use some improvement?	NOTHING AT THIS TIME
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	SHE PUSHES YOU TO GO FARTHER.
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	WE ALL SEEM TO DO THE SAME THING EVERY DAY.

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 VEGGIES
How often do you act on the advice given by the consultant?	All the time <u>MOST</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?	<u>2</u> <u>3</u> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	SHE KNOWS WHAT SHE'S TALKING ABOUT
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		HAVE NOT BEEN IN ANY CONSULTATIONS FOR THESE, SO I CAN NOT COMMENT.
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?	TIME WELL SPENDS
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Company TRW

Date JUNE 4, 2013

Consultant's Name DENISE ECCLES

Location MIDLAND Your Name MARK RANNING

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>DESIRE TO LOSE WEIGHT + START A WALK PROGRAM</u>
What did you like most about the consultation?	<u>VERY RELAXED, COMFORTABLE, DOES NOT FEEL LIKE ANYTHING IS BEING "PUSHED".</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>ONGOING COMMUNICATION EVEN OUTSIDE OF SCHEDULED CONSULTATION TIMES.</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>VERY HELPFUL TO HAVE AN OUTSIDE PERSON PROVIDE INFORMATION + GUIDANCE. - ALSO CREATES A BREAK IN THE WORK DAY</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?	POUCHASED A TREADMILL, AM EXERCISING ON A REGULAR SCHEDULE.
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.	FOLLOWING THE WALK SCHEDULE
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.	EASY TO COMMUNICATE WITH, FRENLY ATMOSPHERE
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?	TREADMILL WITH INCLINE + FAN

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

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	4	ALTHOUGH THIS IS NOT A TOPIC I HAVE PERSONALLY DISCUSSED + NEEDED INFO ON.
Time-management	TBD.	HAVE NOT HAD ANY DISCUSSIONS IN THIS AREA.

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 UP THE GOOD WORK!
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Company TRW CANADA

Date June 6/13

Consultant's Name Denise Coles

Location Midland, Ont. Your Name JANE EVANS

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 <u>4</u> 5
What motivated you to book a consultation?	<i>I was concerned about eating habits + proper exercises.</i>
What did you like most about the consultation?	<i>Denise was very easy to talk to and she was always a good listener.</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>Yes, with lower back problems she was able to give me exercises that I could still do without injuring myself.</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, the better you feel, the more energy you have + get more accomplished at work. Consultation sessions at work give you an opportunity to seek help that you would not necessarily seek out on your own.</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?	proper eating habits.
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 check labels at grocery stores, I have been exercising -
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.	follow up on eating habits + exercise program.
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?	Vitamin E confirmed for balance of hormones (hot flashes)

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

Topic	1-5	Please Explain
Fitness	5	Explained proper exercises for back problems.
Nutrition	5	Walked me through healthy eating habits
Stress management techniques	—	Not covered.
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 TRW

Date 07/11/13

Consultant's Name Denise Eccles

Location MIDLAND, ONT

Your Name DARLENE MASON

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?	Curious Health
What did you like most about the consultation?	Friendliness Easy to talk to Knowledge
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	Knee Exercises Diet
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	Health and wellness of Employees is important.

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?	Knee exercizes Diet. Sugar levels
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.	Cheerfulness Helpful Tracking 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?	Low GI foods, Low sugar foods, Teas

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 TRW AUTOMOTIVE Date JUNE 18/2013
 Consultant's Name DENISE
 Location MIDLAND ONT. Your Name RICHARD CURNEW.

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) "DENISE" ²	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 → PHYSICAL + MENTAL.
What did you like most about the consultation?	DENISE IS A WONDERFUL PERSON WHO NOT ONLY GIVES EXCELLENT ADVICE - BUT WHO LIVES HER LIFE IN THE SAME MANNER AS SHE ADVISES US. - SHE'S AWESOME - TRULY!
What areas of the consultation could use some improvement?	APPOINTMENTS COULD BE MORE FREQUENT FOR THOSE WHO REQUIRE MORE ASSISTANCE - IT COULD BE DONE - DUE TO THE LACK OF SOME EMPLOYEES WILLINGNESS TO TRY IT.
Do you feel that your consultant is able to help you achieve your goals?	YES NO
Please explain	FOR STRESS SHE'S GIVEN ME TOOLS TO TRY AND BETTER DEAL WITH IT. FOR DIET - SHE'S GREAT AND HAS A VAST KNOWLEDGE OF FOODS & EXERCISE METHODS
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	WE, AS MOST COMPANY'S HAVE UNDERGONE SO MANY CHANGES OVER THE LAST FEW YEARS THAT THE PEOPLE ARE GETTING STRESSED - THEREFORE NOT EATING RIGHT - TAKING PROBLEMS HOME ETC. SO HAVING DENISE HERE IS ABSOLUTELY NEEDED!

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO - NOT AT ALL - SHE'S INCREDIBLE HER HUSBAND MUST BE PERFECT WITH HER AROUND - KIDS TOO - (JUST KIDDING! HA HA)		
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	REDUCING SUGARS + PROCESSED FOODS ETC. LOWER MY HIGH BLOOD PRESSURE WITH DIET + EXERCISE. HOW TO DEAL WITH DIFFICULT SITUATIONS IN A RELAXED CALM WAY.		
How often do you act on the advice given by the consultant?	(All the time)	Sometimes	Not very often
Please explain.	I'M FINDING THAT THE ADVICE I'VE BEEN GIVEN IS GREAT AND I'M GETTING BETTER DAILY WITH MY EMOTIONAL ISSUES		
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?	SEXUAL ADVICE FOR PEOPLE OVER 40'S - LOW LIBIDO, DIFFICULTIES (NOT THAT I HAVE ANY LOW) DIVORCE - INFIDELITY ETC.		
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.	HER WONDERFUL, KNOWLEDGEABLE APPROACH TO ALMOST ANY TOPIC OF "LIVING WELL" - HER INTEREST IN SPIRITUALITY AND KEEP FAITH WHEN THINGS ARE BAD - BUT NOT IN A RELIGIOUS WAY - JUST GENERAL AMAZING KNOWLEDGE		
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?	TOO MANY TO LIST - GR! WAY TO MANY - VITAMINS FOOD TYPES AND WHAT THEY DO ETC. - BUT JUST AMAZING!		

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

Topic	1-5	Please Explain
Fitness	5	SHE'S EXTREMELY HEALTHY!
Nutrition	5	" " "
Stress management techniques	5	SHE'S ONE OF THE SWEETEST PEOPLE THAT I'VE HAD THE PLEASURE OF TALKING WITH HER.
Time-management	5	OUR TIME SEEMS TO JUST WORK ITSELF OUT AND I ALWAYS COME AWAY WITH SOME MORE TOOLS FOR THE OLD MENTAL TOOLBOX.

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 THE MEETINGS SHOULD BE LONGER @ ONCE A MONTH - I FEEL LIKE THERE'S ALWAYS SOME ISSUE I'D WANT TO DISCUSS - BUT THEN YOU DON'T HAVE TIME TO DEAL WITH EVERYTHING - OR HAVE 2-SESSIONS/MONTH.
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Company TRW Date JUNE 13/13

Consultant's Name DENISE ECCLES

Location MIDLAND Your Name DAVID STACEY

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 <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?	WEIGHT LOSS & GENERAL HEALTH
What did you like most about the consultation?	NUTRITIONAL INFORMATION
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	KEEPS ME MOTIVATED
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?	INCREASED WATER INTAKE
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.	WEIGHT LOSS SUGGESTIONS
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	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 T.R.W. Date JUNE 17/13
 Consultant's Name DENISE ELLIS
 Location MIDLAND ONT Your Name MOE BREAU

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 <u>4</u> 5
What motivated you to book a consultation?	HEALTH CONCERNS
What did you like most about the consultation?	HELPFUL
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	GOOD INFORMATION
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	MANY EMPLOYEES COULD USE THIS HELP.

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 HABITS, EXERCISE
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	TOO BUSY
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 COMMUNICATION
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	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 TRW Date June 12/13
 Consultant's Name Dennis P
 Location plant #4 Your Name Drew Purvis

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>thought I had to</u>
What did you like most about the consultation?	<u>attitude</u>
What areas of the consultation could use some improvement?	<u>nothing</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>attitude</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>helps Employee</u>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	not yet
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	free problems
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.	Info
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		N/A
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 KW Hydro Date June 7th 13

Consultant's Name Gloria Vaughn

Location 301 Victoria St. S Your Name Mallory Gray

Kitchener, on.

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?	Having good health								
What did you like most about the consultation?	Gloria is very personable								
What areas of the consultation could use some improvement?	No suggestions								
Do you feel that your consultant is able to help you achieve your goals?			<u>YES</u>				NO		
Please explain	Lots of exercise programs & exercises were suggested.								
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 keep me motivated!								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	I just feel they could be a little bit longer.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I was having trouble sleeping and suggestions were given that have helped greatly.
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.	I try and use healthy habits all the time but am not always successful.
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.	No topics are off limits. Gloria is happy to help with anything.
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?	Vega One smoothies Melatonin

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

Topic	1-5	Please Explain
Fitness	5	Knows lots of different workouts
Nutrition	5	Lots of recipes suggested
Stress management techniques	5	Yoga & deep breathing techniques
Time-management	5	Explains how to prioritize

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 LZF Date NOV 8, 2012
 Consultant's Name Iren
 Location St. Andrew ecc 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?	She is informative and she may have more informations.
What did you like most about the consultation?	she is kind. I feel comfortable to talk to her.
What areas of the consultation could use some improvement?	not using our lunch time, because we need to not time to eat our lunch
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO not sure
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 not sure
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?	Drinking more green tea is good
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	for the exercise, I am already active at my workplace, so, I couldn't do, she asked to do.
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.	She may have more information to show to
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	YES NOT sure
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	2	
Stress management techniques	1	
Time-management	2	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Even though we know that we have to eat good drink more, stay active, but we seems not able to follow it or forgotten. So when she is here, she tells you to do so, seems we have to follow it.
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Company Hobart Owen Soul Date Feb 14/13
 Consultant's Name Jen
 Location Owen Soul Out Your Name Bernadette

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	<u>4</u>	5		
What motivated you to book a consultation?									
What did you like most about the consultation?	<i>good to talk to</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									
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 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 <u>10</u> +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	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 Chemfil Canada Date Dec. 17, 2012
 Consultant's Name Jennifer Oliver
 Location 3258 Marentette Windsor Your Name MIKIE DAUM

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?	Overall health & well being
What did you like most about the consultation?	Personal one on one
What areas of the consultation could use some improvement?	I think the program is great the way it is.
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	She's on top of everything that I have concerns with and always thought offering suggestions that I haven't even
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	Deals with many aspects of health, diet and stress so it's convenient having it there at the workplace rather than make an appointment somewhere and may not have time to do.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No the program is beneficial just the way it is.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I lost weight, improved diet and even with the approval of my family physician I reduced my blood pressure medication by half.
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	Diet is ongoing everyday part as well as the exercise
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.	She's always coming up with new innovative ways to achieve 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?	She's always recommending healthy recipes and products as well as different work out programs

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

Topic	1-5	Please Explain
Fitness	5	she's always coming up with new exercises and even willing to demonstrate them
Nutrition	5	she's always suggesting new recipes and new & different techniques
Stress management techniques	4	Always open and concerned with any stress in my life and always suggesting techniques in reducing the stress
Time-management	4	Always willing to help set up fine schedules for work outs, stress reduction techniques

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 at this time, keep doing what you are doing. I'm enjoying the counselling and most of all the results.
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Company CHEMFIL CANADA LTD. Date Nov. 23/12
 Consultant's Name JENNIFER OLIVER
 Location WINDSOR Your Name DEBRA LEMMON

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 KNOW I NEEDED IT.
What did you like most about the consultation?	JEN IS UNDERSTANDING, NOT CONFRONTATIONAL. VERY SUPPORTIVE.
What areas of the consultation could use some improvement?	NONE WHATSOEVER.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	SHE IS ABLE TO DIRECT THE INFORMATION I GIVE HER AND TO GIVE ME SUGGESTIONS TO MEET 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	WITH IT BEING AT WORK, ALL OF US SHARE IDEAS, UPS + DOWN. OUR OWN LITTLE SUPPORT GROUP.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	CERTAINLY NOT.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	EATING BREAKFAST. DRINKING WATER.
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 DO WHAT I WANT/FEEL, NOT NECESSARILY WHAT IS BEST FOR ME.
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.	SUPPORT & 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?	HEALTHY FOODS, GYM.

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

Topic	1-5	Please Explain
Fitness	5	HAS GOOD SUGGESTIONS. MY QUESTIONS ARE ANSWERED.
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?	CAN'T IMPROVE ON GREAT.
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Company Chemfil Canada Date 11/26/2012
 Consultant's Name Jennifer Oliver
 Location Windsor Your Name Lisa Orants

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?	Learn new things and take different approach on health, weight maintenance.
What did you like most about the consultation?	Personable
What areas of the consultation could use some improvement?	Seems repetitive sometimes.
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	she suggests tools I could use, up to me to use them.
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 find it helps at home, therefore will spread through life at work as well.

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?	Snacking more, organizing more at night for less hassle in the morning. Using different ingredients in some recipes.
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.	If I ask how to do something like specific way to properly lift weight, I use technique at home etc.
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, but new information is always useful
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.	Advice is helpful - non judgmental
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?	books, recipes, websites for exercise and recipes

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

Topic	1-5	Please Explain
Fitness	4	(different types of exercises) has given many suggestions to achieve common goal
Nutrition	4	has given suggestion that I have read in books.
Stress management techniques	4	meditation and deep breathing worked great for me.
Time-management	4	organization suggestions are great

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 really, I enjoy the consults.
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Company JMP Date 1/16/13
 Consultant's Name Jennifer Cooper
 Location Phila Your Name Larry Frakes

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?									
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.	
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	5	
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 JMP Date 1/16/13
 Consultant's Name Jennifer Cooper
 Location Phila Your Name Austin Gunn

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?	Seemed like a good idea to get an outside view on my diet/wellness
What did you like most about the consultation?	She has ideas I have never thought of so I can try them out.
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	She has given good information + motivation so I feel like I should achieve my goals as a repayment for her 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	diet/exercise/wellness is not a common topic at work, and sometimes it is good to have an expert come in.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	X
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Stress management + lunch nutrition
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I kept forgetting to practice breathing, but the next meeting she reminded me and now I remember
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?	X
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.	An experienced eye on what I am eating and how I manage stress, It is a good check on how I am doing
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?	Indoor Soccer league

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

Topic	1-5	Please Explain
Fitness	5	She is very fit + does triathlons
Nutrition	5	Sets an example by having water + healthy foods with her. Meal planning strategies
Stress management techniques	5	What she told me to do literally has noticeably reduced my stress
Time-management	5	Shows up on time, fills up all the time.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Louder phone on our conference call each month, and more fun facts about food.
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Company JMP Engineering Date June 25, 2013
 Consultant's Name Jen McKenzie
 Location Meadowbrook Your Name Rae Perry

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 <u>(9)</u> 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?	Opportunity to learn techniques for improving health without having to go to gym!
What did you like most about the consultation?	Personal to me.
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	Encouragement & ideas
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	We work long hours + don't always have time to go to the gym or think about what we eat. Jen keeps me focussed

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?	Eating breakfast!
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 get so busy I have to keep remembering to stop & think what Jen has told me.
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.	Routine - I know in advance when it is going to happen so can plan for it
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. Whole grain Products

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?	
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Company JMP Engineering Date June 13/13
 Consultant's Name Jen McKenzie
 Location London Your Name Charmaine Hoff

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 needed to make some changes in order to lose weight, become more active.
What did you like most about the consultation?	Jen is very knowledgeable. She gives realistic, easy to follow advice.
What areas of the consultation could use some improvement?	I would be interested to know my body fat %. Is this an option?
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	As mentioned above, Jen gives realistic advice to fit my lifestyle.
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 find that this is an added bonus to our benefits plan.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No - addresses nutrition, exercise, lifestyle needs.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Getting active again! I feel like I have to have something positive to report at each consultation so it helps w setting goals.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I still need to work on my motivation levels.
Are there any topics that you wish were covered in your wellness consultations that are not?	more focus on stress reduction <u>YES</u> NO
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.	Getting advice to help sort through all of the overwhelming nutritional information.
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?	Substituting healthier options (ie greek yogurt, reducing sugar, increasing protein)

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

Topic	1-5	Please Explain
Fitness	5	} very knowledgeable
Nutrition	5	
Stress management techniques	3	maybe some more info on this topic.
Time-management	5	understands my time is limited.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Jen is great! She does a fantastic job.
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Company JMP Engineering Inc Date June 13, 2013
 Consultant's Name Jen Mackenzie
 Location London, Ontario Your Name Karen Platt

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?	At first I was skeptical, but thought I'd give it a try. I was interested in new ways to spice up my workouts + eating habits.
What did you like most about the consultation?	Everything - Jen really listens + allows you to focus on your own priorities and goals. She motivates you, but not in a condescending way.
What areas of the consultation could use some improvement?	None - I'm extremely happy with what I've learned and what Jen provides.
Do you feel that your consultant is able to help you achieve your goals?	YES! NO
Please explain	She's fantastic. She takes what I say I'd like, and comes back with an awesome plan to get me there. She's a great encourager as well.
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	People need to take advantage of all that Jen has to offer. It's a shame more people aren't lined up to see her. then I can't say enough good things about her!

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Nope. Nothing.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	My morning Boot Camp Workouts - it's completely changed my body and is just what I needed.
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.	She is very knowledgeable, + I feel she understands my priorities, so I always take her advice seriously.
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 <input checked="" type="radio"/> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	- Progress update, discuss current challenges, new workout routine.
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?	

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	NA	Haven't really discussed with her.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Someone needs to tell my coworkers to stop with the excuses and get moving! It saddens me that more people aren't taking advantage of this opportunity.
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Company L. Bro

Date June 4/13

Consultant's Name Laura

Location Adm Your Name Maria

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?	<i>New I needed to do sthg. & the Wellness Profile Quotient, member confirmed what I thought</i>
What did you like most about the consultation?	<i>Interactive, Laura listened to what I was saying... gave me tools that are specific to me.</i>
What areas of the consultation could use some improvement?	<i>Nothing. I'm very happy!</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>What she's saying is making sense to me. I feel I can do it...</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>That's all we talk about during our breaks, lunches.... Love the games We are a competitive beach</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Nope.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Increased walking times & amt. of water.
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 believe in what she says
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.	she's open to discussing any items topics I am bring to the table. She's to accommodate & does an awesome closing ^{30 mins}
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 She's empowering me by taking walks, my back care exercises.

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?	Everything is Great!!
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Company Libero Date June 21 2013
 Consultant's Name Laura
 Location Sarnia Your Name Mary Anne

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?	Overall health, stress family
What did you like most about the consultation?	understanding - easy to talk to
What areas of the consultation could use some improvement?	nothing @ this point
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	Gives me ideas + sets goals understands life is 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	I think everyone can use help with health & fitness

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 deal with a family member.
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.	So far she has given good advice - and realistic
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?	I think she is open to any topics I might ask about.
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's 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?	different foods / vitamins

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

Topic	1-5	Please Explain
Fitness	5	Exercises that work for me
Nutrition	5	Great tips
Stress management techniques	5	Good ideas
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 Libro Financial Group Date June 19/13

Consultant's Name Laura Bonter

Location Libro - Sarnia Your Name Stacy Worsley

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?	- need to change my health
What did you like most about the consultation?	- very easy to talk to - Laura is very helpful + supportive
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	- great ideas by Laura + always offering solutions
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	- by everyone at work being involved in the program - we communicate well + offer support to one another

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Not with consultant at all.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	- eating more protein
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 hard to manage time for doing the activities I want to do.
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.	- great advice by Laura - great support
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	Laura has given me exercises to do at the gym which are helpful
Nutrition	4	eating more protein than before program started.
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 LIBLO FINANCIAL

Date JUNE 10/13

Consultant's Name LAURA BONTER

Location ADMINISTRATION

Your Name PAT DEVELLANO

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 <u>4</u> <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?	<u>NO PRESSURE & TAILORED TO ME (LIFESTYLE & NEEDS)</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	
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?	BETTER SLEEP - EXERCISE ROUTINE - AWARENESS OF MY OWN NEEDS FOR HEALTH & WELLNESS!
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	BUSY WORK LIFE INTERFERED WITH ALL MY GOALS/TARGETS
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.	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?	HERBAL TEA

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 Libro

Date June 10/13

Consultant's Name Laura Bonten

Location Admin

Your Name Enka Wiendels

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>Maintaining a healthy lifestyle</u>
What did you like most about the consultation?	<u>she is experienced and has great tips that are easy to follow</u>
What areas of the consultation could use some improvement?	<u>N/a.</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.	N/A.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	-running a 10km
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.	Knowledgeable, friendly & non judgemental.
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?	N/A

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

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	N/A	have not discussed
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 Libro Financial Group

Date June 17, 2013

Consultant's Name Laura Bonter

Location Libro Admin Office

Your Name Michelle Rigato

Employee Wellness Solutions Network Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 ^{or} <u>4</u> <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?	wanted to see what the program had to offer and how it fit with my goals.
What did you like most about the consultation?	Laura is so easy to talk to + she really takes an interest.
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	was given workout program, food ideas, and other useful tips.
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! Everyone deserves to be "well" and this is a great way to begin.

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 up my workout routine... definitely more challenging!
How often do you act on the advice given by the consultant?	All the time ^{in the middle} Sometimes Not very often
Please explain.	Definitely try & follow what Laura says but sometimes other "stuff" gets in the way.
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.	The re-connection + re-affirmation of what I'm working on. Keeps me accountable!
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?	Water bottle for protein power workout program

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

Topic	1-5	Please Explain
Fitness	5	Very knowledgeable
Nutrition	5	" "
Stress management techniques	NA	^{we} Don't discuss this
Time-management	NA	We don't discuss this.

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 Siddhpath Date Feb 20/13
 Consultant's Name Laura
 Location London Your Name Laurie McKelvey

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 am committed to a healthy lifestyle</i>								
What did you like most about the consultation?	<i>"down to earth" - very personable</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>She helps to keep me on the right track - positive 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	<i>Keeps it "top of mind"</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 <input type="radio"/>
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 <input checked="" type="radio"/> 5 <input 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?	YES <input checked="" type="radio"/> NO <input type="radio"/>
What products or services has your consultant referred you to, if any?	<i>She just tells me to get to the gym!!</i>

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

Topic	1-5	Please Explain
Fitness	<input checked="" type="radio"/>	
Nutrition	<input checked="" type="radio"/>	
Stress management techniques	<input checked="" type="radio"/>	
Time-management		<i>never discussed.</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>Thanks for everything - wonderful program!</i>
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Company Libro Date June 18/2013
 Consultant's Name Laura B
 Location Admin Your Name Barb Unger

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?	- have someone to discuss health/exercise concerns with - someone to be accountable to
What did you like most about the consultation?	- exercise tips - nutritional advice
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	- Small step approach - makes it manageable
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	- to be able to have a 42 hr/week to speak with someone face to face at work (where most of the stress is) is helpful

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?	breakfast meals ↳ never ate breakfast
How often do you act on the advice given by the consultant?	Most... *All the time* Sometimes Not very often
Please explain.	I sabotage myself + my efforts w/ chocolate indulgences ... I'm working on 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?	/
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.	accountability to someone
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?	

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

Topic	1-5	Please Explain
Fitness	5	she walks the talk
Nutrition	5	" " - great suggestions
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 Libas Financial Date June 19 / 2013
 Consultant's Name Laura Botman
 Location Sarnia Your Name Bonnie Cope

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?	Needed to lose weight Battling depression!
What did you like most about the consultation?	Easy to talk to, very knowledgeable She practices what she preaches She walks the talk.
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	Since my initial consultation I have lost 21 pounds
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	She keeps us motivated, and she gives great suggestions!

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 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 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.	<i>I'm excited to tell her my accomplishments</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	<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 Libro Date June 19/13
 Consultant's Name Laura Bonter
 Location Sarnia Your Name Susan Roddy

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>Wanting to maintain a healthy lifestyle.</u>
What did you like most about the consultation?	<u>Laura created a very comfortable environment.</u>
What areas of the consultation could use some improvement?	<u>Laura provided solutions that were easy to understand & act on.</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.	
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.	Incorporated the diet changes, but not all the exercises due to time constraints
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.	
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	she created an exercise routine recommendations on changes to diet
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 Libro Date June 19/13
 Consultant's Name Laura Bolster
 Location La Sana Your Name Akshar

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 <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>need to have someone help me stay motivated</i>
What did you like most about the consultation?	<i>accountability</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	
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.	<i>I want to reduce/maintain my health age</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?	

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	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>THANK YOU -</i>
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Company Libro Date June 19/13.
 Consultant's Name Laura Bontar.
 Location Samia. Your Name Jill

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?	- available through work during office hours
What did you like most about the consultation?	- gets me thinking about getting healthier.
What areas of the consultation could use some improvement?	- maybe a demo of exercises during the meeting! (with me as the person performing)
Do you feel that your consultant is able to help you achieve your goals?	YES <u>NO</u>
Please explain	- only I can achieve my goals. If some one could do it for me I would just pay them.
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 keeps it top of mind.

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?	- 530 am walks.
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 but get distracted and continue
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.	- Its available - Keeps me motivated.
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?	N/A.

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

Topic	1-5	Please Explain
Fitness	5	she's very fit herself.
Nutrition	5.	very knowledgeable.
Stress management techniques	N/A	have not discussed
Time-management	N/A	haven't 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 Libro Financial Group Date June 19, 2013
 Consultant's Name Laura Bonter
 Location Sarnia Branch Your Name Samie Carson

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 get healthier.
What did you like most about the consultation?	- Somebody to chat to + Bounce ideas off of - Somebody to offer suggestions - Somebody to <u>keep you accountable</u>
What areas of the consultation could use some improvement?	Online area to track goals + achievements to track progress.
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	- kept me accountable for my goals - kept me interested
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 is a positive + interactive way for people in a sedentary lifestyle to become healthier + more Active.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Online area to track results + goals
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	- eating healthier - Ran a 10K race
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often Most of the time
Please explain.	- most of the time. Don't always make it to the gym as often as I should.
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 4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	- Keeping me accountable + also somebody to share successes with
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	Great Job
Nutrition	4	Great Job
Stress management techniques	N/A	didn't use this
Time-management	N/A	didn't use this

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 much enjoyed the consultations. Laura was positive, encouraging and very easy/comfortable to talk to.
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Company Family & Children's Services
 Consultant's Name Michelle P.
 Location Sheldale

Date January 10, 2013
 Your Name Karen Hutchinson

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> Not sure.
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 wanted to start running again and get back on track with eating well.
What did you like most about the consultation?	Michelle is very easy to talk to and has a non-judgemental way of communicating.
What areas of the consultation could use some improvement?	I can't think of any.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	Michelle has provided me with lots of information and guidance.
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's nice to take a break from work although not always possible.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Can't think of anything.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Michelle developed a program for me to help ease me back into running gradually. It was exactly what I needed and very easy to follow.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input checked="" type="radio"/> Not very often <input checked="" type="radio"/>
Please explain.	Somewhere inbetween sometimes and all 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?	N/A
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 very easy to talk to and gives me great tips. The goals we make are achievable so it isn't overwhelming.
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?	Protein supplement & multivitamins.

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

Topic	1-5	Please Explain
Fitness	5	She knows her stuff.
Nutrition	5	"
Stress management techniques	1	We've never talked about this.
Time-management	1	"

↳ (hasn't been a focus 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 FCS of Guelph

Date Jan. 10/13

Consultant's Name Michelle P.

Location ELORA

Your Name Amanda Bayer

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 like the encouragement & the discussion & learning opportunities.
What did you like most about the consultation?	See above
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?	<ul style="list-style-type: none"> • nutrition education • stress awareness
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 act on advice but may not be consistent long term
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.	Discussion & follow up
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?	<ul style="list-style-type: none"> • cleanse • books • vitamins/supplements • nutrition

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	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 Guelph FCS Date Jan 23/13.
 Consultant's Name Michelle Paczay
 Location Eramosa Your Name Debbie Zen



Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey

One-on-One Consultations

low = 1

high = 5

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>friendly, respectful, knowledgeable, approachable</i>
What did you like most about the consultation?	<i>she applies relevant research, gives lots of examples, handouts, provides visual demonstrations of exercises.</i>
What areas of the consultation could use some improvement?	<i>- nothing, really.</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>motivating, respectful, consistent, obtainable 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>she has helped tremendously & my family has benefited.</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?	- vitamins - regular healthy snacks etc - exercise routines
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.	- she has changed the way I think about food (eg protein, fat, carb)
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.	- I always seem to walk away with something new!
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?	

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?	I've really appreciated all of Michelle's help!
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Company F&CS Baulph Date January 31/13
 Consultant's Name Michelle P.
 Location Franosa Your Name Colleen Reardon

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>Wanting to make lifestyle changes</i>
What did you like most about the consultation?	<i>Positive atmosphere, encouraging, good advice with no judgement</i>
What areas of the consultation could use some improvement?	<i>Consultant having time before meeting to review past meetings so info not repeated</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>Having scheduled meetings with specific 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>Feels like employer cares. Helps with stress, health</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>Improvement in eating habits for whole family</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>Nutrition advice has been great, I haven't done well with exercise</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 checked="" 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>Keeps me motivated knowing I have a meeting, keeps my health at top of mind</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>Specific foods, supplements</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>Haven't discussed</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 LONDON HYDRO Date JAN. 15/13
 Consultant's Name ROSE KOLDENHOF
 Location 111 HORTON ST. Your Name CRISTINA TEREK

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?	EMPLOYER PROVIDED THE OPPORTUNITY DURING WORKING HOURS.
What did you like most about the consultation?	TAILORED TO ME & MY CIRCUMSTANCES
What areas of the consultation could use some improvement?	MORE INTERACTION (TALKING VS. LISTENING)
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	THERE ARE ALWAYS OPTIONS TO THINGS HARDER TO ACHIEVE
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	EMPLOYER VALUING WELLBEING OF EMPLOYEES

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 / SNACKS
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.	WHEN CONVENIENT
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.	OPENESS
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	WE TALKED ABOUT SPORTS
Nutrition	5	WE TALKED ABOUT FOOD
Stress management techniques	5	WE TALKED ABOUT SLEEPING PATTERNS
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?	/ GREAT!
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Company London Hydro Inc. Date Jan. 14 /13
 Consultant's Name Rose Koldenhof
 Location London Hydro Office Your Name Jagoda Borovickic

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?	- in busy life we often forget about maintaining our own wellness. We need to be reminded everyone has a choice to put our our own wellness of on the first place
What did you like most about the consultation?	- privat and confidential - one on one basis - covers various aspects of well being - the consultant is knowledgeable with the various and wellness solutions
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	- when we set a goal, she follows-up on the goal, to ensure and also on the previously set goals.
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	- covers very good topics and tips of well being - good reminder to stick with it and maintain balanced 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?	- drink more (enough) water
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I wish I act on them all the time, however I do forget about them. I act/follow when I'm reminded or when our app. is approaching.
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 <u>4 to 5</u> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	- By by knowing that I will be meeting her and discussing my goals and other aspects of well being makes me me to stick with 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?	

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?	
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Company London Hydro

Date Dec 12, 2012

Consultant's Name Rose Koldenhof

Location LH

Your Name Lynn Nowoselsky

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?	the need to be more active in an inactive job + eat better.
What did you like most about the consultation?	very caring, personalized, realistic advise
What areas of the consultation could use some improvement?	Customer service is the most immobile group because of the job - morning or after work sessions like yoga
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	She never gave up
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 whole department is making better eating choices.

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?	noon hour (1/2 hr.) workouts. some workout time is better than none
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I find I do workouts better in a group situation
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.	her knowledge & her genuine sense of caring.
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	can define workouts
Nutrition	5	recipies included.
Stress management techniques	4	fitness.
Time-management	5	she tries 😊 I don't always do what I say I will

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!
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Company Guelph F&CS Date June 6/13
 Consultant's Name Rose Parr
 Location Eramosa Rd Your Name Susan Lapper

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

since last summer ??

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?	weight gain								
What did you like most about the consultation?	many helpful tips well prepared remembers our plan.								
What areas of the consultation could use some improvement?	longer meetings								
Do you feel that your consultant is able to help you achieve your goals?					YES		NO		
Please explain	knowledgeable about nutrition, exercise, motivation								
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 keeps me motivated in my work environment to meet my "health" 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?	Lost 10lbs over past year walks at lunch time
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	She gives me a variety of options, I choose one at a 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.	funny engaging "knows her stuff" knows about things I am interested in...
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 specifically ... talk about naturopaths / massage etc ... talk generally

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

Topic	1-5	Please Explain
Fitness	5	provides tips & plans
Nutrition	5	provides tips & suggestions
Stress management techniques	5	talk about alternate strategies.
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?	- different times offered (hard to schedule with specific times provided) - longer appointments.
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Company Family Children's Service Date May 9
 Consultant's Name Rose
 Location Geelph Your Name Connie Montgomery

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 <u>9</u> 10 +10 <i>I think</i>
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?	<i>I like the 1:1.</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 offers a lot of encouragement & suggestions</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>Since it is available, I use it!</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?	Weight loss,
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.	alternates to use, and vitamins to take
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 <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 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 belong to Curves → Very positive.
Nutrition	5	lots of recipes/suggestions.
Stress management techniques	5	helped me through a MULTITUDE of stuff!!
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 Family & Children Services Guelph Date April 18, 2013

Consultant's Name Rose Parr

Location Guelph Your Name Corie-Lynn Smith

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 very interested in seeing what tools I could gain to help improve my life style.
What did you like most about the consultation?	I like that we can talk openly and that Rose provides me with so much information on a variety of topics.
What areas of the consultation could use some improvement?	I don't know as I am always impressed.
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	She provides me with reasonable tools & time lines to achieve my goals. She always offers me support & encouragement. She asks how it is going even when I don't have an appt.
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	our work place can be stressful many days and being able to get tools to help me from eating well at my desk to exercises I can do at my desk really help me relife daily stress.

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 suffer from panic attacks and she has helped me find alternative ways to relax & calm myself during an attack in public.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I find sometimes I put things off so I need to be more on top of things.
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 4</u> 5 6 7 8 9 10 +10 3 to 4
What aspect of your wellness consultant keeps you coming each month? Please explain.	I really enjoy how friendly Rose is and how well knowledge she is. I find that she provides me the motivation to keep working at 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?	She has found some contact information for support groups for panic attacks. This was great for me.

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 Family Children Service of Eireiphi, Wellington Date May 2 2013
 Consultant's Name Rose Parr
 Location Eramosa Office Your Name Christina Wolfe

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?	how stressful the job I do. wanting to make my life better.								
What did you like most about the consultation?	Rose's personality and understanding + I totally love her as a consultant 😊								
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	The job as a child protection worker is difficult and to be able to								

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?	stress, lack of sleep nutrition
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	- sometimes due to lack of motivation or time ; has nothing to do with consultant
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.	Rose's understanding and empathy.
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?	stress relief massage.

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

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

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 KI Date July 5 2013
 Consultant's Name Sharon Singleton
 Location _____ Your Name Nancy

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>Needed to implement a lifestyle change</i>
What did you like most about the consultation?	<i>Sharon is very supportive & informative.</i>
What areas of the consultation could use some improvement?	<i>None.</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>Very helpful with tips & new ideas to aid in overcoming roadblocks. Always offering new ideas, recipes & challenges</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>Every workplace should have such a program. Whether you embrace it or not. The program has a positive impact on all of my co-workers & aid us in making better choices for a healthier lifestyle.</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?	Stay the course. Try new activities to stay active.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I have been on too many diets where I have lost the weight fast & then put it on again. This time is about changing my eating habits & slowly working up to more activity.
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.	Review where I've been & where I am going.
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 KI - Krueger International Date June 25, 2013
 Consultant's Name Sharon Singleton
 Location Pembroke, Ontario Your Name Lorrie Layman

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 improve health, get fit, eat better learn how to deal with stress								
What did you like most about the consultation?	Very easy to talk to, great at showing me new exercises, she is always trying to find better ways to help me show me better food options etc.								
What areas of the consultation could use some improvement?	nothing all is perfect in my eyes.								
Do you feel that your consultant is able to help you achieve your goals?					YES		NO		
Please explain	I wanted to lose weight & feel better, I also struggle with depression and with showing me to eat better, exercise & helps me feel better all round.								
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 it shows someone cares about each of us makes us happier, healthier and with different stretches also makes work environment more easier can deal with stress better.								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Nope
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Loss 3 LBS + Kept it off, Feel better donot ache all the time
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I know I should do more exercises and I am trying to improve on this .
Are there any topics that you wish were covered in your wellness consultations that are not?	<u>YES</u> NO
If yes, which topics are of interest to you?	Dealing with a death of husband
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.	exercise, more stretches, good talk
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?	better food choices, less salt, less sugar, etc .

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

Topic	1-5	Please Explain
Fitness	5	she explains all exercises + stretches that work with my body.
Nutrition	5	explains what should & should not be eaten
Stress management techniques	5	Yoga + stretches & breathing.
Time-management	5	never goes over the time allotted for appt.

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 was very skeptical at the start but once working with Sharon I believe in the better health & wellness and want to keep learning .
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Company KI PEMBROKE Date JUNE 25/13
 Consultant's Name SHARON SINGLETON
 Location PEMBROKE Your Name DEBBIE JUNOP

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>I WANTED TO CHANGE MY WELLNESS LIFESTYLE</i>
What did you like most about the consultation?	<i>I FELT VERY COMFORTABLE WITH SHARON (FEEL)</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?	YES NO
Please explain	<i>SHE HELPS ME GET BACK ON TRACK WHEN I NEED IT - OFFERS SUGGESTIONS.</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>KEEPS ME ON TRACK (MOST OF THE TIME!)</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?	EXERCISE PROGRAM.
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 HAVE THE DRIVE SOMETIMES TO MAKE MYSELF FOLLOW HER ADVICE.
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.	HER UP-BEAT PERSONALITY!
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	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 REALLY ENJOY OUR YOGA SESSIONS. I, MOST LIKELY, WOULDN'T GO IF IT WASN'T OFFERED AT WORK.
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Company KI Canada

Date June 26th, 2013

Consultant's Name Sharon Singleton

Location Pembroke, Ontario

Your Name Lesley-Ann Leclair

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?	To gain overall health info on everything (nutrition, weight loss, exercises, etc).
What did you like most about the consultation?	The variety of different (creative) exercises.
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 breaks things down into smaller achievable 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	I feel that I have become more aware of my health because I am surrounded by it and by others that are being more active.

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?	signed up for my 1st running class ever + 10 wks later, I ran a 5km marathon.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	Sharon gives great advice, I just don't have the time to follow through w/ everything
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.	she helps me keep motivated & get me back on track.
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?	the running class @ Active Cairo.

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

Topic	1-5	Please Explain
Fitness	5	great variety of exercises @ work, @ home, etc.
Nutrition	5	not to change all my habits @ once, small changes
Stress management techniques	5	she teaches us together & believes in reminding ourselves w/ time
Time-management	5	teaches us to break it down to ourselves. get 5-10-15 mins in but do something

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 she touches on all ten different aspects of well being, and can't think of anything more to add.
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2 Thank You!!

Company KI Pembroke Date June 7th, 2013
 Consultant's Name Sharon Singleton
 Location Pembroke, ON Your Name BING LE

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 <u>4</u> 5
What motivated you to book a consultation?	To look for professional instruction to improve my health condition.
What did you like most about the consultation?	The step by step approach to increase the strength of exercises based on physical condition.
What areas of the consultation could use some improvement?	Not sure.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	My consultant explain the detail of the exercise and control the strength.
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	Sitting for long time on job may cause backpain or neckpain, it is important to do something to resolve it

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Need more instruction about how to improve sleep quality of daily night.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	The proper exercises instructed by Sharon has cured my back pain, which bothered me long 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.	Action I take has to be coordinate with my regular daily activities.
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?	Improve sleep quality.
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.	Professional advice on how to reduce my back pain by proper exercises.
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?	No.

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

Topic	1-5	Please Explain
Fitness	3	
Nutrition	3	
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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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?	muscle stretching & toning.
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.	find that instructions are really effective
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.	helpful information that helps to effectively reduce pain in my muscles/body.
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?	

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

Topic	1-5	Please Explain
Fitness	5	any questions that we ask
Nutrition	5	individually or as a group
Stress management techniques	5	have been answered and
Time-management	5	in a timely manner.

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 KI Pembroke Date _____
 Consultant's Name Sharon
 Location KI 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 Not Sure
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?	She doesn't judge or make you feel bad
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.	No.
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 KI Pembroke Date June 24/2013
 Consultant's Name Sharon
 Location Pembroke Your Name Keris King

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>over weight</u>
What did you like most about the consultation?	<u>her hints on exercises</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 NO
Please explain	<u>losing weight</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	

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?	Lost 4 lbs
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.	Joined the K.I. gym
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 knowledge of exercises and nutrition
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?	gym food guide

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

Topic	1-5	Please Explain
Fitness	5	
Nutrition	4	
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?	No
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Company K1 Pembroke. Date June 4/2013
 Consultant's Name Sharon Singleton
 Location Pembroke. Ont Your Name Sheryl Jessup

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 get healthier lost 26 pounds since starting Feb 15/2013.								
What did you like most about the consultation?	new ideas, to try, exercises, different moves to tone, just talking to her about my goals for healthier habits for future.								
What areas of the consultation could use some improvement?	Don't see any improvement think it's great just way it is.								
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	helps to get you motivated & stay on track.								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	<u>No</u>
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	eating healthier, exercise. deal with <u>stress</u>
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.	Should do more exercise, but tired after working 10hr shifts.
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 gives me different resistant exercises to tone my body,
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?	<u>No</u>
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Company LIBRO FINANCIAL GROUP Date July 25/13
 Consultant's Name Stacy Lancaster
 Location Williamsburg Your Name Yogita Jiwari

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 <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?	She wants me to achieve my desired results.
What did you like most about the consultation?	Everything.
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	I need motivation to do something and she helps me motivate
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.	Maybe N/A
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.	with time permitting
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 <u>5</u> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Motivation
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?	High protein, HTTC exercises

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

Topic	1-5	Please Explain
Fitness	4	
Nutrition	3	
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 Libra Financial Group Date June 28/13
 Consultant's Name Stacy Lancaster
 Location Wingham Your Name Laura Sturgeon

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 <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?	it's free interested in improving my health in ways other than just going to a gym.
What did you like most about the consultation?	she brought her scale, calculated weight, measurements, body fat, etc. - we can track it
What areas of the consultation could use some improvement?	longer sessions, sometimes they don't seem long enough.
Do you feel that your consultant is able to help you achieve your goals?	<u>(YES)</u> NO
Please explain	she works to set goals that fit my lifestyle + schedule.
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	healthy co-workers - means happier at work, less sick days, more energetic.

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?	Starting an exercise ball workout that's easy to do!
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'm not always willing to try new foods!
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.	able to track my progress, + gives me motivation to stay on track.
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	knows lots of workout routines.
Nutrition	5	lots of suggestions on health foods, portion control, etc.
Stress management techniques	N/A	haven't discussed
Time-management	N/A	haven't 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 Libro - Stratford Date _____

Consultant's Name Stacy Lancaster

Location Stratford Your Name _____

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 <u>3</u> 4 5
How would you rate the professionalism of the consultant?	1 2 <u>3</u> 4 5
How would you rate the communication skills of the consultant?	1 2 <u>3</u> 4 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?	<i>I have never had one so I thought I would try.</i>
What did you like most about the consultation?	<i>she was very friendly</i>
What areas of the consultation could use some improvement?	<i>I sometimes feel she doesn't offer anything new or tools for me to help achieve my goals.</i>
Do you feel that your consultant is able to help you achieve your goals?	YES <u>NO</u> <i>A</i>
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>its nice to have time given to us during our work days to focus on health</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	<i>I wish I could had some tele home to help.</i>
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	<i>improved my packed lunch</i>
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	<i>my schedule is hectic so its difficult</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 <u>5</u> 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	<i>trying to reach my goal.</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	4	<i>very good</i>
Nutrition	4	<i>very good in general days to</i>
Stress management techniques	?	<i>never talked with her about this</i>
Time-management	3	<i>had issues scheduling apt</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 Libro Financial Group

Date June 28, 2013

Consultant's Name Stacy Lancaster

Location Wingham Branch

Your Name Jennie

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>Curiosity of service</u>
What did you like most about the consultation?	<u>Stacy</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>Has great suggestions suggestions + non-judgmental.</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?	Stress management techniques
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.	Stacy's attitude
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 Libro Financial Group Date July 2/13.
 Consultant's Name Stacey Lancaster
 Location Wingham Your Name Katie Pringle

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?	was looking for personal training.
What did you like most about the consultation?	Very motivating, takes an interest in me personally.
What areas of the consultation could use some improvement?	more email communication between sessions - respond to emails
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	Gave me ideas for eating healthier. Gave me a specific workout program.
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	Helps me to achieve my health goals and helps me to be healthier and feel better.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	not enough more communication between sessions. Once a month is not often enough to meet.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	-running a 5K race
How often do you act on the advice given by the consultant?	All the time Sometimes Not very often
Please explain.	-Implemented the workout routine in my schedule - Changed some eating habits.
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?	Sport psychology
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.	someone to talk to about my goals/progress. Someone to advise me on next steps.
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?	Naturopath

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

Topic	1-5	Please Explain
Fitness	5	Good knowledge of exercises and is able to explain them well.
Nutrition	5	Good recipe ideas and able to help me implement them in my daily routine
Stress management techniques	4	some ideas to change lifestyle
Time-management	3	hasn't suggested ideas to me about when to fit things in or how to schedule workouts.

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 program - Great program - would like to see my consultant more often.
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Company Libro Date June 14 2013
 Consultant's Name Stacy Lancaster
 Location Stratford Your Name Nancy Murray

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>getting older ⁵⁰ want to be healthier want to keep weight down</i>
What did you like most about the consultation?	<i>she listens and gives advice that is doable - does not judge</i>
What areas of the consultation could use some improvement?	<i>age appropriate information we are all different</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>because I have to be accountable to someone</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>Keeps us all motivated</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	<i>more visits</i>
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	<i>changed small eating habits losing weight</i>
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>I try everything she suggests</i>
Are there any topics that you wish were covered in your wellness consultations that are not?	<input checked="" type="radio"/> YES NO
If yes, which topics are of interest to you?	<i>menopause - age issues</i>
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.	<i>being accountable</i>
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?	<i>books no aspirin greek yogurt</i>

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

Topic	1-5	Please Explain
Fitness	<i>5</i>	<i>she is in shape - suggests things that are doable.</i>
Nutrition	<i>5</i>	<i>suggests easy changes</i>
Stress management techniques	<i>5</i>	<i>walking breathing.</i>
Time-management	<i>N/A</i>	<i>have not talked about this</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>this has been good for the branch we need to remember to take care of ourselves.</i>
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Company Libro Financial Group Date Jun 19/13
 Consultant's Name Stacy Lancaster
 Location Waterloo Your Name Rachel

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 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 <input checked="" type="radio"/> 4 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 <input checked="" type="radio"/> 4 5
What motivated you to book a consultation?	weight loss + health questions answered.
What did you like most about the consultation?	having my measurements taken to see my progress.
What areas of the consultation could use some improvement?	scheduling seemed to be hard to set in place. know how to use dashboard.
Do you feel that your consultant is able to help you achieve your goals?	<input checked="" type="radio"/> YES NO
Please explain	having my questions answered motivates me.
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	when ppl are healthy they are happier & call in sick less. The unfortunate thing is that the unhealthy ppl in our branch do not take advantage of this service.

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've lost inches in waist + lost 4 lbs.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> , Not very often
Please explain.	Stacy suggested I eat cottage cheese.
Are there any topics that you wish were covered in your wellness consultations that are not?	<u>YES</u> . NO
If yes, which topics are of interest to you?	Healthy easy recipes Calorie counting
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.	my questions + curious of
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

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

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

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 Libro Date June 19/13

Consultant's Name Stacy L

Location Wasra Your Name AS Sahadat

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?	-excellent ideas about meals, training program and knowledge base
What did you like most about the consultation?	-interactive - open talked at my language level.
What areas of the consultation could use some improvement?	- Happy with Stacy but the service so far.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	- Improved on my breakfast - Great ideas for a workout routine
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	- always need a work life balance

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	- very happy with the consultation.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	- healthier break fast - good advice when it comes to running technique
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.	
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.	- healthy choices - eating habits
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?	-

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

Topic	1-5	Please Explain
Fitness	4	very knowledgeable
Nutrition	4	"
Stress management techniques	N/A	did not ask
Time-management	N/A	did not ask

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 Libro Financial Group Date June 21, 2013
 Consultant's Name Stacy Lancaster
 Location Waterloo Your Name Laura Salive

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?	To see what the appointments had to offer as far as new concepts & tips.
What did you like most about the consultation?	She had great suggestions & provides helpful info.
What areas of the consultation could use some improvement?	None. We have asked if we could have her lead some group sessions outdoors this summer if approved, to!
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	She is realistic & creative in helping me stay motivated!
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	Especially in our job (where we sit all day) I find it important to receive this type of benefit.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	More group sessions & active portions!
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Incorporating more fruits, veggies & healthy alternatives into my HORRIBLE diet! :)
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.	She doesn't give me unrealistic things to do so I enjoy it.
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.	To hear anything new & keep working on my previous 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?	_____

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 FARWELL PACKAGING Date SEPT 16/13
 Consultant's Name TRISH PURDY
 Location DARTMOUTH Your Name STUART McDONALD

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 <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 4 <u>5</u>
What motivated you to book a consultation?	WANTING TO GET IN BETTER SHAPE AND LOSE WEIGHT.
What did you like most about the consultation?	VERY OPEN + FRIENDLY - FOLLOWS A PROGRESSIVE FORMAT
What areas of the consultation could use some improvement?	-NOTHING MORE AT THIS POINT.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	BECAUSE TRISH IS "SELF MOTIVATED" AND IT IS SORT OF INJECTIOUS. -VERY ENCOURAGING
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 PROVIDES MOTIVATION AND A STRUCTURED PATH TO GOAL.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO AT THIS TIME!
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	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.	I HAVE TO WORK THINGS OUT MY WAY OR IT NEVER WORKS - BUT TRISH PROVIDES HELP & MOTIVATION.
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 KEEPING IN TOUCH AND THE CONSTANT 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?	

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

Topic	1-5	Please Explain
Fitness	5	
Nutrition	4	
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 Colonial Honda Date Aug 16, 2013
 Consultant's Name Trish Purdy
 Location Halifax NS Your Name Cathy Allen

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?	Interested in taken advantage of on-site consulting.
What did you like most about the consultation?	Ideas and suggestions on topics discussed.
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	Interested in "at-home" exercises, Trish is very knowledgeable.
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 is very beneficial to book on-site appointments. Really enjoyed the "walking club".

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?	At home exercises
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.	Trish is very easy to talk to & has good ideas.
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	good suggestions for attainable goals.
Nutrition	4	good info - recommended vitamins already
Stress management techniques		haven't discussed <small>doctor recommended.</small>
Time-management		haven't 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 COLONIAL HONDA Date Sept. 17'13
 Consultant's Name TRISH PURDY
 Location NLFX INS Your Name Lesley Hole

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?	want to change lifestyle
What did you like most about the consultation?	confidentiality
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	willing to help in all areas.
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	motivation/encouragement

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?	better eating
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.	easy to work with
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	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 OMG Date Sept 5
 Consultant's Name Trish
 Location Halifax Your Name Kyle

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?	Trish has a positive attitude and is easy to talk to. Very motivating!								
What did you like most about the consultation?	The "next steps" provided								
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 <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	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 Colonial Honda Date Aug 2
 Consultant's Name Trish Purdy
 Location _____ Your Name Ken LaBelle

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?	
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	<u>Anything that motivates me is good</u> <u>Beats busy things get back out</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 me find food that contained good nutrients I was lacking
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 <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?	she always has IMAAS to help a

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

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques		I'm usually not stressed
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 COLONIAL HONDA Date JULY 25, 2013
 Consultant's Name Trish Purdy
 Location Halifax, NS Your Name Brian MacLellan

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>Desire to be more fit / healthy.</i>
What did you like most about the consultation?	<i>The one on one is effective for getting info.</i>
What areas of the consultation could use some improvement?	<i>I like the set up as is, the followup ideas are important for the next visit.</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>(YES)</u> NO
Please explain	<i>Small changes are being made in habits with food & activity.</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>It helps to make health a more "important" goal which becomes part of the work experience. It validates the attempt to have time during the work day to address health goals.</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	I'm happy with the process as is.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Diet modification - eat regular breakfast/healthy snack during the day. Exercise - walking on a more regular basis at noontime & after hours.
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.	Very simple advice that can be followed. A couple of suggestions each visit. Not major lifestyle change being advocated in a single shot.
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.	Very upbeat and positive. Always concerned to help you along the process.
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?	Always has hand outs for diet suggestions and exercise level adjustments. These are good to take home and digest.

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

Topic	1-5	Please Explain
Fitness	5	Did a walking program with employees in July.
Nutrition	5	Has a lot of material on nutrition to give out.
Stress management techniques		Haven't gotten to this but an area of interest 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?	I think the program is working well. It provides lots of information & encouragement to make lifestyle changes that point to a healthier fit life.
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Company COLONIAL HONDA

Date JULY 24, 2013

Consultant's Name TRISH POROY

Location HALEFAX, N.S.

Your Name BOB EATON

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>To continue to learn about good health practices</i>
What did you like most about the consultation?	<i>How she reacted to people, her sense of humor & knowledge of the subject.</i>
What areas of the consultation could use some improvement?	<i>While we can all improve on what we do, based on my experience Trish does all things well & is a joy to deal with.</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>Written material & her delivery inspire me to improve their performance in the health world</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 believe this program will benefit the employees & their families plus reduce sickness & sick leave</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	<i>Nil in my case</i>
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	<i>Consume more water, eat proper foods & get a regular exercise program</i>
How often do you act on the advice given by the consultant?	<i>F 1) All the time, 2) Sometimes, 3) Not very often I strive for 1) but sometimes slip to 2)</i>
Please explain.	<i>I try to follow her advice as best I can</i>
Are there any topics that you wish were covered in your wellness consultations that are not?	<i>None that I can think of at the moment</i>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	<i>2 3 4 5 6 7 8 9 10 +10</i>
What aspect of your wellness consultant keeps you coming each month? Please explain.	<i>To continue to learn about healthy life styles</i>
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<i>YES NO</i>
What products or services has your consultant referred you to, if any?	<i>Proper foods, water consumption, exercise & a positive outlook on life</i>

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

Topic	1-5	Please Explain
Fitness	5	} Irish is well versed in all aspects of healthy living & healthy life styles. Her personality really comes through in dealing with her on a one on one basis.
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?	<i>Continue the good work! I believe we at Colonial are very fortunate to have this program & especially a leader in health wellness of Irish's equality</i>
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Company Owens MacFadyen Group

Date July 25/13

Consultant's Name Trish Purdy

Location Halifax

Your Name Jennifer Bonnerie

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?	<u>To be healthier.</u>
What did you like most about the consultation?	<u>Trish presents ideas I may not have thought of on my own.</u>
What areas of the consultation could use some improvement?	<u>No.</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>Trish gives me guidelines to follow towards a healthier me. Having goals & being accountable to a coach is very motivating</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>Being able to talk about achieving a healthier lifestyle with a professional once a month at work is very convenient/rewarding.</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?	Scheduling time to study for 2 exams during very hectic work schedule.
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.	I at least try to follow all of Trish's suggestions. If I do "fall off the wagon", I let her know & we work it out.
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?	2-4 <input checked="" 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.	Trish has a great personality! So positive! She truly wants to help you. She's also a wealth of knowledge.
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. mostly general food & exercise

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

Topic	1-5	Please Explain
Fitness	5	We have discussed running & weights
Nutrition	5	We always talk food! Lots of handouts.
Stress management techniques	5	We often talk about different ways to manage stress & they are great!
Time-management	5	In 30 seconds she mapped out a realistic study schedule for me that worked!!

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 you're doing & keep Trish!
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Company Colonial Honda Date July 3/2013
 Consultant's Name Trish Purdy
 Location Halifax N.S. Your Name Alex Ward

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<u>(2)</u> 3 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 monitor my diet very rigidly but I have some health issues that I felt I could use some assistance/second opinion regarding.
What did you like most about the consultation?	Trish is incredibly enthusiastic about finding ways to help me with my goals.
What areas of the consultation could use some improvement?	NONE. She is doing everything possible and beyond.
Do you feel that your consultant is able to help you achieve your goals?	<u>(YES)</u> NO
Please explain	As I mentioned I do have a few health issues which require adaptations and Trish has researched and is researching on my behalf.
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	While I have always been very active and healthy, due to the hours of work and changing shifts, it is difficult to have any chance at proper eating or exercise. Having a system in place to help with these issues will save company money in the long run.

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?	Better Cardi with my limited time
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.	She advises, I attempt.
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.	Her continued efforts on my behalf. Great resource.
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, other than a few recipes. I have all my own workout equipment.

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?	recommended changing vending machines Find way to have healthy "onsite" meals (Fast food is a constant in the industry)
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Company COLONIAL HONDA Date JULY 19, 13
 Consultant's Name TRISH
 Location _____ Your Name DAVID PROSSA

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?	
What did you like most about the consultation?	<u>VERY FRIENDLY, NOT PUSHY OR JUDGEMENTAL</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	
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 NO
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 Fibernetics Corp. Date Jan 24, 13
 Consultant's Name Val Tomkins
 Location Cambridge ON Your Name Joan Lazaraki

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 not motivated! I am healthy and knowledgeable. I was approached by Gloria and someone else in the kitchen, and felt obliged to make an appt.
What did you like most about the consultation?	I am very very glad I have been able to have these appointments because 1) I have spent time in the gym learning new exercises 2) I attended lunch 'n learn sessions and 3) I'm working on goal setting now.
What areas of the consultation could use some improvement?	hmmmm. not sure. Maybe tighter focus since we run out of time. I think having tasks assigned to provide structure would help.
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO and we started doing this
Please explain	↳ my exercising has increased in duration + variety my food choices have become even better (quinoa, kale)
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 find myself using some of the things I learned as a conversation starter. Others tell me they like that there is no 'judgement' from Val and Gloria.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Not really. At the start I was not certain what sessions would entail & am pleased I felt able to suggest gym meetings, which have been great!		
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I understand circuit training. I now realize it's imperative I daily do resistance training to maintain and increase muscle mass and bone density		
How often do you act on the advice given by the consultant?	<input checked="" type="checkbox"/> All the time	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Not very often
Please explain.	<ul style="list-style-type: none"> • do gym exercises • eat the food • download the running app • talk to my family • buy/read the books 		
Are there any topics that you wish were covered in your wellness consultations that are not?	<input type="checkbox"/> YES	<input checked="" type="checkbox"/> 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="checkbox"/> 4
What aspect of your wellness consultant keeps you coming each month? Please explain.	Touching base and now in, 2013, I am setting short term and long term goals.		
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="checkbox"/> YES	<input type="checkbox"/> NO	
	→ and I have done so repeatedly!		
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
① Fitness	5	• able to discuss, demonstrate repeatedly and evaluate if I completed movements correctly
② Nutrition	5	• provided samples & fact sheets, provided recipes. — generated synergistic group discussion
③ Stress management techniques	4	less focused on than ① + ②
④ Time-management	3	we did not particularly discuss this

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 am thrilled that management provides this service to staff. I didn't anticipate learning anything new because I am very well read, but the quality & currency of information has impressed me a lot. The references for books which I got & which led me down new paths is appreciated very much. For other employees, I suggest pointed examples of the types of consulting available: many people may not know what you do, and are too shy to ask.
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Company FIBERNATICS Date JAN 28/13
 Consultant's Name Valerie Tonkin
 Location CAMBRIDGE Your Name ELLENOR ROSS

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 <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>COMPANY OFFERED</u>
What did you like most about the consultation?	<u>VERY DOWN TO EARTH + DIRECT</u>
What areas of the consultation could use some improvement?	<u>NOT SURE. SEEMS GOOD TO ME</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>SEEMS VERY KNOWLEDGABLE</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>TAKES TIME TO THINK ABOUT WELL BEING</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?	LOSING WEIGHT AND GETTING MORE ACTIVE
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.	
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.	ENJOY SPEAKING TO CONSULTANT. FIND HER VERY PERSONABLE
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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