

Company CAMBRIDGE AND NORTH DUMFRIES HYDRO Date SEPT 25/14
 Consultant's Name GLORIA VAUGHAN
 Location 1500 BISHOP ST, CAMBRIDGE Your Name PAT ANORADE

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 <u>4</u> 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>4</u> 5
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 <u>4</u> 5
How involved did you feel in deciding next steps for your health?	1 2 3 <u>4</u> 5
What motivated you to book a consultation?	I AM INTERESTED IN LIVING A HAPPY HEALTHY LIFE. THE CONSULTATIONS ARE A GREAT SOURCE FOR HEALTHIER CHOICES.
What did you like most about the consultation?	VERY POSITIVE FEED BACK FROM GLORIA IS ENCOURAGING.
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	GLORIA AND I HAVE DISCUSSED MY GOALS AND HOW TO ACHIEVE THEM. EACH SESSION WE CHECK WHERE WE LEFT OFF AT LAST SESSION AND EXPAND ON WHAT TO DO NEXT.
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 BECOME VERY ROUTINE IN OUR DAY TO DAY LIVES. THE WELLNESS CONSULTATION HAS HELPED ME TAKE A STEP BACK AND THINK MORE ABOUT MY WELL BEING.

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?	OPEN MY FRIDGE DOOR AND I SEE HEALTHIER CHOICES. (PANTRY AS WELL)
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	WHEN I BECOME PERFECT I WILL BE ABLE TO FOLLOW ADVICE ALL THE TIME.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 <u>6</u> 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	I BELIEVE IT MOTIVATES ME TO TRY A LITTLE HARDER THAN I NORMALLY WOULD. I LIKE POSITIVE RE-INFORCEMENT.
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 HAVE RECEIVED HOMEWORK EMAILS WITH GOALS AND HAND OUTS FOR FOOD ALTERNATIVES THAT I MIGHT NOT THINK ABOUT.

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

Topic	1-5	Please Explain
Fitness	4	DISCUSSED MANY WAYS TO STAY ACTIVE YOGA INSTRUCTOR
Nutrition	4	GREAT DISCUSSIONS ON BETTER FOOD CHOICES AS WELL AS HAND OUTS.
Stress management techniques	4	CHOOSING TO GO FOR A WALK TO RELIEVE STRESS INSTEAD OF HAVING A DRINK.
Time-management		WE HAVE NOT DISCUSSED 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 GOOD WORK. THE POSITIVE ENERGY IS GREAT.
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Company Colonial Honda

Date Aug 8/13

Consultant's Name Trish Paardey

Location Halifax, N.S.

Your Name Richard Stordley

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?	health reasons, co workers encouragement
What did you like most about the consultation?	openminded consultant great disposition
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	above & beyond expectations
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	creates overall better work group knowledge and morale

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	me being on time I am in a busy dept. in and out of premises
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	diet change, doing things in moderation
How often do you act on the advice given by the consultant?	All the time Sometimes Not very often almost all the time
Please explain.	get off track sometimes when dealing with my chronic pain
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?	dealing with chronic pain use Tylenol #3, #4 Ibuprofen 600mg
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.	pleasant atmosphere consultants ambition to help
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?	diet

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

Topic	1-5	Please Explain
Fitness	5	she was working in gym I believe
Nutrition	5	papers she provided
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 Electro Cables Date 5-Nov-14
 Consultant's Name Noelle
 Location Trenton, Ont. Your Name Jancei

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?									
What did you like most about the consultation?	<u>Noelle is easy to talk to.</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?					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 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> <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		

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 Electro Cables Inc. Date Nov. 5 2014

Consultant's Name Noelle Bunt

Location _____ Your Name Michelle Wood

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?									
What did you like most about the consultation?	<u>Positive, helps but doesn't push to hard.</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 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	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 Electro Cables Inc Date Nov 05/14

Consultant's Name Noelle Bunt

Location 9 Riverside Drive Trenton Your Name Sally Cowan

Employee Wellness Solutions Network Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>The desire to be well and fit</u>
What did you like most about the consultation?	<u>Noelle's knowledge is extensive on all things wellness</u>
What areas of the consultation could use some improvement?	<u>None that I can think of.</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>ALTHOUGH I haven't completely achieved achieved my weight goal (my own fault) I am moving more and feel better overall. Definitely sleeping better and stressing less</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<u>It is It is fun to say to others or myself Noelle wouldn't agree with that food, snack etc or vice versa.</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?	Walking more Small weight loss
How often do you act on the advice given by the consultant?	All the time Sometimes Not very often
Please explain.	When Noelle suggests something, I try to comply. :-)
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.	Noelle's knowledge, bubbly personality and great suggestions
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?	Massage, physio, protein powder, Omega 3+6

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

Topic	1-5	Please Explain
Fitness	5	She has been able to help me with exercises to strengthen shoulder that was broken
Nutrition	5	Suggested phone apps for nutrition. + diets, suggested smoothie recipes, etc
Stress management techniques	5	Has given many helpful hints
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 Electro Cablex Inc Date Nov 5/14
 Consultant's Name Noelle Bunt
 Location Trenton, ON Your Name Yvonne Paro

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>I'm passionate about my health. Noelle has the knowledge to help me reach my goals</u>
What did you like most about the consultation?	<u>she knows about all all the events in in the area that are of interest to me and my family - great recipes/training plans.</u>
What areas of the consultation could use some improvement?	<u>I can't think of anything - Noelle ever respects my desire not to be weighed all the time.</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>I have lost weight and run a half marathon.</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<u>It's great for me to have a consult where my brain is in It's good to think about my health when my mind is clear (during work hours)</u>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	None, always an abundance of info and encouragement @ each appt.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Losing 10 lbs & running a 1/2 marathon!!
How often do you act on the advice given by the consultant?	All the time Sometimes Not very often
Please explain.	except for the odd slice of pizza/cake It has only improved my energy & self image by 100%.
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 just can't think of any at this time.
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.	exercise programs, keeping motivated. ideas for getting my family healthy/active
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?	Treadmills, Food Processors, natural foods, events, exercise equipment.

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

Topic	1-5	Please Explain
Fitness	5	All my questions have been answered with a logical solution that has worked.
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?	Please keep us going with exercise challenges.
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Company Electro Cables Inc. Date Nov. 5/14

Consultant's Name Noelle Bunt

Location Trenton, ON Your Name _____

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 <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 <u>3</u> 4 5
What motivated you to book a consultation?	To learn how to better manage my stress levels and be more financially stable.
What did you like most about the consultation?	1 on 1, private.
What areas of the consultation could use some improvement?	Less drastic changes, slowly changing diets would be better than cutting all at once.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	I have learned how to manage my stress & feel better about myself.
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	I feel it is a nice concept but not 100% necessary.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No, I am able to get help with whatever topic I need.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Being able to feel good about myself even under financial stress. I am able to look at benefits in the future, not present problems.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	Some things I do not agree with, ie. diet changes.
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.	Being able to talk to someone who listens and gives advice.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	No
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Company Electro Cables Date November 5, 2014
 Consultant's Name Noelle Bundt
 Location Office Your Name Rebecca King

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>want to lose weight & feel better.</u>
What did you like most about the consultation?	<u>Noelle is very easy to talk to & not pushy & judgemental.</u>
What areas of the consultation could use some improvement?	<u>No. She will not cut anyone short, even if behind a little. Each person is as important as next to her.</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>She helps keep me on track & motivated. makes it ok when slip.</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 really cares about each person she meets, & puts out such a positive environment, that she projects what the company feels toward all employees.</u>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	Not that I can think of.									
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Changing eating habits - I have lost 8.5 lbs. I think before putting in my mouth.									
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 has set up weekly meal plans for me - we speak each week even if only for a few minutes.									
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	<input checked="" type="radio"/> 7	8	9	10	+10
What aspect of your wellness consultant keeps you coming each month? Please explain.	She is such a positive influence on me & everyone around here.									
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?	Smoking cessation to plantemp, etc.									

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

Topic	1-5	Please Explain
Fitness	5	Noelle is very active
Nutrition	5	herself & she does what
Stress management techniques	5	she encourages others
Time-management	4	to do. Very friendly & approachable.

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 satisfied.
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Company Electro Cables Date Nov 5/14
 Consultant's Name Noelle Buent
 Location Trenton, Ont Your Name Lisa Cahill

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 thought Noelle would be a great resource on diet & fitness.
What did you like most about the consultation?	How easy she is to talk to.
What areas of the consultation could use some improvement?	I have no complaints.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	I am a vegetarian and not eating properly. Noelle gave me great ideas and tips on how to eat better. She also gave me a training schedule for the half-marathon I was doing.
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 a great benefit offered by the company. It definitely motivates staff to be more active and live a healthier lifestyle.

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 better. I am much better at adding protein to my diet.
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.	90% It's not the advice, just my willpower
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.	If I have any questions on training she always has the answer and motivates me to achieve my goals
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?	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	?	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 Electro Cables Date Nov 6, 2014
 Consultant's Name Noelle Bunt
 Location Trenton ON Your Name Deb Puffer

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 <u>10</u> +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?	wanted info on staying healthy- seeing if I was on right track weight loss coaching
What did you like most about the consultation?	encouraging- useful info
What areas of the consultation could use some improvement?	nothing comes to mind
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO working on it
Please explain	give pointers on how to overcome obstacles- suggestions on how to get there
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO (to goal)
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	Helping those who <u>want</u> to improve their overall health

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No - go to consult - say what you want to review/talk about - get feedback info
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	- Small weight loss - offering tips to husband - diabetic
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I like to eat what I want - some splurges which I plan - just portion control
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?	Stress management
How many weeks is it between your consultations on average?	<u>2</u> <u>3</u> 4 5 <u>6</u> 7 <u>8</u> 9 10 +10 at start currently
What aspect of your wellness consultant keeps you coming each month? Please explain.	Wanting guidance - am I doing this right or that right - how do I do this or that
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	can offer advice on all aspects - to suit capabilities
Nutrition	5	ask a question - you usually get a quick answer
Stress management techniques	?	never approached this topic
Time-management	?	never really touched on this in detail

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 the challenges - especially Chase the Turkey - got everyone up + moving -
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Company Electro Cables Inc

Date NOV 5 2014

Consultant's Name Noelle Bunt

Location Srenton

Your Name Claine Cole

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	<u>4</u>	5		
What motivated you to book a consultation?	<i>interest in weight loss & nutrition</i>								
What did you like most about the consultation?	<i>information and encouragement</i>								
What areas of the consultation could use some improvement?	<i>re-booking schedule</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>eating more protein, variations with meals</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 <input type="radio"/>
Please explain.	<i>Hard to always stay on track, even when you mean to.</i>
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	<i>her person take on life, just how relaxed and confident, need ideas for exercises & nutritional meals.</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>massage for my neck & shoulders, vitamins & protein powder.</i>

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

Topic	1-5	Please Explain
Fitness	5	<i>she always has new exercises & help with areas of concern.</i>
Nutrition	5	<i>new meal ideas & recipes, what works and what doesn't.</i>
Stress management techniques	5	<i>helps with ideas & methods to relax.</i>
Time-management	5	<i>expresses her own personal life experiences & gives us ideas to organize our life.</i>
<i>all in all - a wonderful person very caring.</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 Electro Cables Inc Date Nov 5 /14
 Consultant's Name Noelle
 Location Trenton ON. Your Name Joyce Bruce

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)	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>Need to lose weight</u>
What did you like most about the consultation?	<u>Information + Support</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?	<input checked="" type="radio"/> Almost 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?	<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.	Information & 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	5	
Nutrition	4.5	
Stress management techniques	4.5	
Time-management	4.5	

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 ELECTROCASTS INC Date NOV 5/14

Consultant's Name NOENE BUR

Location TORONTO Your Name JUNE BALAJAN

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?	COPD / DIABETIS								
What did you like most about the consultation?									
What areas of the consultation could use some improvement?									
Do you feel that your consultant is able to help you achieve your goals?					YES		NO		
Please explain	BROUGHT MY A1C DOWN								
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?	DRINKING MORE WATER
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	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 ELECTRO CABLES Date NOV 13/14
 Consultant's Name NOELLE BUNY
 Location TRENTON Your Name FRED MACKLIN

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?	GOOD HEALTH								
What did you like most about the consultation?	GREAT PERSONALITY - 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	NO BACK OR MUSCLE ACHE + WEIGHT LOSS								
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	MORE HEALTHY PEOPLE SHOULD BE HAPPIER PEOPLE								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	- NOT ABLE TO PRINT INFO AT THE TIME - BUT EVERYTHING IS SO VARIED SHE WOULDN'T KNOW WHAT TO BRING IN ADVANCE									
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	NO BACK PAIN									
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 ASK THINGS I WANT TO WORK ON									
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.	IT WORKS									
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?	BETTER VITAMINS FOR ENERGY									

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

Topic	1-5	Please Explain
Fitness	5	SHE ALWAYS HAS ANSWERS
Nutrition	5	"
Stress management techniques	5	"
Time-management		NEVER DISCUSSED

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company GCP Industrial Date Sept. 10/14
 Consultant's Name Jennifer Symonyk
 Location _____ Your Name Jenny Quinlan

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 <u>3</u> 4 5
How would you rate the communication skills of the consultant?	1 <u>2</u> 3 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?	N/A
What did you like most about the consultation?	work-out tips
What areas of the consultation could use some improvement?	Provide more resources rather than telling me where to go find them.
Do you feel that your consultant is able to help you achieve your goals?	YES <u>NO</u>
Please explain	No physical help. only one on one talks.
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	I am doing all the same things I did prior.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	More details Rather than telling me where to find the info
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Now as of now
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?	<input checked="" type="radio"/> 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.	N/A
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	YES <input type="radio"/> NO <input checked="" type="radio"/>
What products or services has your consultant referred you to, if any?	Now

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	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?	N/A
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Company GCP Industrial Date Sept. 10, 2014
 Consultant's Name Jennifer Symanyk
 Location _____ Your Name George Qu

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 <u>3</u> 4 5
What motivated you to book a consultation?	<i>my company arranged</i>
What did you like most about the consultation?	<i>advice on health tips</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>helpful advice on healthy food and exercise</i>
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.	N/A									
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	exercise tips									
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?	strength training for building muscles									

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 Lakeside

Date Sept 3/2014

Consultant's Name Leah van Dagen

Location _____

Your Name Terra Woods

Employee Wellness Solutions Network
Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	<u>4</u>	5		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<i>lifestyle improvement advice</i>								
What did you like most about the consultation?	<i>very friendly, 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?						<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>healthy meal planning, started exercise routine</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>most of the time.</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 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	<i>professional advice, great resource for information to better lifestyle</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>websites for recipes, books,</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>4</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 LAKESIDE

Date 8/20/2014

Consultant's Name Leah van Deyen

Location OAKVILLE

Your Name KAREN POWER

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<u>I WANTED EASY TIPS & RECEIPES THAT WERE BENEFICIAL TO MY HEALTH</u>								
What did you like most about the consultation?	<u>SHE IS VERY FRIENDLY, AND VERY KNOWLEDGEABLE</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>I ACHIEVED SOME WEIGHT LOSS GOALS, WITH HER COACHING.</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.	NOT AT ALL. LEAH IS AMAZING
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	SHE HELPED ME DEVELOP NEW MENU ITEMS, AND HEALTHIER LUNCHS
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	SOMETIMES IM JUST LAZY ☹️ OR 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.	LEAH'S VARIETY OF INFO & WORK OUT IDEAS THAT ARE FUN & EASY
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 HAS GREAT IDEAS
Nutrition	5	FULL OF GOOD RECEIPES
Stress management techniques	4	DESKERSIZE PROGRAM WAS FUN
Time-management	4	SHE KEEPS ME ON TRACK

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 PREGNANCY DIETS & EXERCISE ADVICE.
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Company Lakeside Date Aug 21/14
 Consultant's Name Leat Vandoyen
 Location Oakville Your Name Andrea

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	+10
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	5		
How would you rate the professionalism of the consultant?			1	2	3	4	5		
How would you rate the communication skills of the consultant?			1	2	3	4	5		
How involved did you feel in deciding next steps for your health?			1	2	3	4	5		
What motivated you to book a consultation?	To have someone to hold myself accountable to while I lose weight								
What did you like most about the consultation?	No pressure. Friendly, encouraging environment.								
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?	Stopping my nighttime snacking/binging.
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?	<input checked="" type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Super friendly and encouraging.
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?	Various websites. Some brands or foods.

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company LAKESIDE Date AUG. 21/2014
 Consultant's Name Lech van Oogen
 Location _____ Your Name ANNA SEEDHOUSE

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<u>SHE IS PERSISTENT</u>								
What did you like most about the consultation?	<u>VERY PLEASANT & DOWN TO EARTH</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	<u>SHE KINDA MAKES YOU FEEL GUILTY. SO YOU HAVE TO</u>								
Does your consultant give suggestions for lifestyle change that are achievable to you?							<u>YES</u>	NO	
Is your wellness consultation something that you feel is important within your work place?							<u>YES</u>	NO	
Please explain	<u>I GET VERY STRESSED & SHE HELPS RELIEVE</u>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	WEIGHT/EXERCISE EATING MORE FRUIT
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.	BUT SOMETIMES I SLIP UP BUT THEN GET BACK AGAIN
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.	IF I MISS A WEEK SHE LIKES TO BUG ME TO KEEP UP WITH IT
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	WORKING OUT MORE
Nutrition	5	EATING MORE VEG. & FRUIT
Stress management techniques	5	HELPS ME SLEEP BETTER AT NIGHT
Time-management	-	NOT SURE ABOUT THIS ONE

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 8/20/2014
 Consultant's Name Leah van Doyen
 Location OAKVILLE 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	<u>10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	<u>4</u>	5		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<u>I enjoy being healthy</u>								
What did you like most about the consultation?	<u>Leah is easy to talk to.</u>								
What areas of the consultation could use some improvement?	<u>My health/wellness is already pretty good. Having more to talk about with the more advanced people would be nice.</u>								
Do you feel that your consultant is able to help you achieve your goals?						<u>YES</u>	NO		
Please explain	<u>I like having someone to talk to about everything that I'm doing.</u>								
Does your consultant give suggestions for lifestyle change that are achievable to you?						<u>YES</u>	NO		
Is your wellness consultation something that you feel is important within your work place?						<u>YES</u>	NO		
Please explain	<u>It gives all of us someone who holds us accountable.</u>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	This summer there was no lunch-time workout offered, I loved those.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I used to just jog now I do a very difficult boot camp. With Leah's encouragement I feel brave enough to do it.
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 feel like she knows what she's talking about. I trust her.
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 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	I do a lot of wellness/food/wellbeing reading and so does Leah. Not a lot of people know what I'm talking about. It's good to talk to someone with similar interests.
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?	mostly her and I are on the same page.

Please rate your confidence with your consultant's knowledge of: 1 (low) - 5 (high)

Topic	1-5	Please Explain
Fitness	5	she was is a personal trainer
Nutrition	5	I'm a vegan and she knows a lot about it.
Stress management techniques	3	I think stress is a hard thing to combat and it takes a lot of training.. like a therapist.
Time-management	N/A.	Never asked her anything about 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?	Maybe a fitness move along w/ the recipes each month in the newsletter. I really like how there are some healthy treats every once and a while. It gives
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In the winter is perfect b/c it's too cold to go for a walk. People an introduction into things they never thought about. I also like the 'community' things like the wellness group we did.

Company Lakeside Logistics

Date 8/20/14

Consultant's Name Leah van Oyen

Location _____

Your Name Monique Feltmate

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>. I initially wanted to start taking better care of myself and my family</u>
What did you like most about the consultation?	<u>. Leah lets me lead the conversation and if I don't have much to say she is able to discuss some aspect of my wellness that I haven't thought of.</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>Leah helps encourage me when I want to accomplish something and she praises me when its done. Her motivation helps me stay on track.</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>Before Leah (and Ashley before her) I would have never sought out the information that they have provided.</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?	I've worked on destressing @ home & work and I've worked on getting in shape
How often do you act on the advice given by the consultant?	All the time Sometimes Not very often
Please explain.	I've used Leah's charts and tracking sheets to help me - the only thing I can't do (on Leah's advice) is eat fish!
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.	New ideas to help improve my life
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?	Mind Tools, weight loss books, recipe websites

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	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 Lakeside Date Aug 20, 2014
 Consultant's Name Leah van Ooyen
 Location Operations Your Name Bernadette Tapp

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?	stress issues neck + leg pain								
What did you like most about the consultation?	the advice + the personal interest heal had in my concerns both personal + business								
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 directs me how to improve my life either through links or advice on who to talk to								
Does your consultant give suggestions for lifestyle change that are achievable to you?							YES		NO
Is your wellness consultation something that you feel is important within your work place?							YES		NO
Please explain	Sometimes it is nice to talk to someone who is impartial								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	0
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	body posture exercises + advice
How often do you act on the advice given by the consultant?	All the time + Sometimes Not very often
Please explain.	It has proven to help if it is something that I can control
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.	to follow up on the advice given + to look for additional assistance or suggestions
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?	therapist medical doctors exercise products

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

Topic	1-5	Please Explain
Fitness	5	very consistent
Nutrition	NA	I do not usually discuss
Stress management techniques	5	always give different techniques or ideas
Time-management	5	set realistic goals

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 Aug 21/14

Consultant's Name Leah van Doyen

Location Oakville

Your Name Charlene Whalen

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	<u>10</u>	+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 have been going since the program started as I am into fitness & nutrition								
What did you like most about the consultation?	Being able to talk to someone who is on the same page.								
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 suggests different things to tweek my lifestyle								
Does your consultant give suggestions for lifestyle change that are achievable to you?					<u>YES</u>		NO		
Is your wellness consultation something that you feel is important within your work place?					<u>YES</u>		NO		
Please explain	I think it is good for people that do not pay attention to their health								

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 continually work on 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.	I like to talk to her about different things in regards to natural I have found or what she has found.
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?	Yes, she has. Cannot think of all of them.

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

Topic	1-5	Please Explain
Fitness	5	She is a personal trainer
Nutrition	5	
Stress management techniques	Not	Applicable
Time-management	11	11

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 08/20/2014
 Consultant's Name Leah van Ooyen
 Location Lakeside Your Name Sophie Lalonde

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?	I was already trying to improve my diet + exercise, I thought this would supplement it nicely.
What did you like most about the consultation?	That I can ask Leah anything, and our appointment can be about whatever I want.
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 helps me set realistic goals that I can make plans for.
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 a good resource to ask questions and get advice on healthy living.

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?	Meal planning, cut down on sugar, and salt.
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 make healthy decisions as much as possible, however I slip up 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 <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 <input type="radio"/>
What aspect of your wellness consultant keeps you coming each month? Please explain.	Learning different aspects of healthy living, things I didn't know. keeps me motivated to be healthy.
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?	alternatives to sugar + salt

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

Topic	1-5	Please Explain
Fitness	5	she is she has taught me how to train myself to run.
Nutrition	5	she seems to know about everything I ask about
Stress management techniques	N/A	I haven't asked about this, my stress is under control
Time-management	N/A	Haven't asked about 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 Credit Union Date Aug 21 2014

Consultant's Name Amanda Roes

Location Beechwood Branch Your Name Jasmina Isakov
420 ErbSt. W. Waterloo, ON

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 <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?	I became the Wellness rep at my branch and so wanted to lead by example and personally get back on track.
What did you like most about the consultation?	When Amanda brings her scale to weigh, calculate body fat %, water, etc., and record it month to month to track progress.
What areas of the consultation could use some improvement?	I'm satisfied with the way the consultations run. We have good dialogue.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	Meeting with Amanda every month is motivation in itself for me to keep improving and reaching my goals. There is accountability when she knows what I want to know work on and 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	There is a greater awareness for health and wellness - we want to feel and look good. Personally, I want to feel good not only now but gain healthy habits for the future.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No. I don't have huge expectations because I'm not fully aware of what the qualifications of the wellness coach are? i.e. certification in any fitness or health areas? I don't know that anything is lacking at the moment.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	- weight loss - drinking more water → seeing these numbers improve over the last 6 months
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	Sometimes I forget to. Other times I'm more in tune with my trainer (started seeing one in last 2mths) and since then haven't met with my consultant.
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?	I have digestive problems, would
How many weeks is it between your consultations on average?	2 3 <u>4</u> → <u>5</u> 6 7 8 9 10 +10 But not in the last 2 months
What aspect of your wellness consultant keeps you coming each month? Please explain.	To weigh in on the scale and ask advice for whatever the issue is.
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?	specific brands of supplements, vitamins, etc.

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

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques		have not discussed
Time-management		have not discussed.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	I like when there are group activities that we can motivate each other while having fun.
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8/25/16

DATE

Company LIBRO CREDIT UNION Date Aug 21/14
 Consultant's Name AMANDA ROES
 Location B1-420 ERB ST W Your Name Yogita Tiwari
 (Beechwood Branch)

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 <u>8</u> 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 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?	My measurement, ^{setting} having monthly goals for myself
What did you like most about the consultation?	I find motivated after my consultation meeting.
What areas of the consultation could use some improvement?	More options about being active.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	I am 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	we talk about snacks (during work hour), being active, talk about disadvantages about sitting for long.


♥ JUST LOVE AMANDA ♥

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	My snacks ideas during days
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.	We set goal and trying to achieve it.
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?	Simple Yoga moves for work
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.	How I am doing on my goals? :
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	Exercise , eat healthy .

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	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 love her 
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Company Libro CU.

Date Aug 28, 2014

Consultant's Name Amanda Roes

Location Waterloo

Your Name Amanda Mertyn

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>↳ constant health issues & wanting to change lifestyle.</u> <u>↳ high blood pressure</u>
What did you like most about the consultation?	<u>she not only provides you with solutions & healthy alternatives but explains why/how it works</u>
What areas of the consultation could use some improvement?	<u>↳ eating better, exercising more</u>
Do you feel that your consultant is able to help you achieve your goals?	YES NO
Please explain	<u>for example</u> <u>↳ quitting smoking: helping me come up with achievable goals & challenges</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	YES NO
Is your wellness consultation something that you feel is important within your work place?	YES NO
Please explain	<u>↳ she knows more about health than the general population → can provide with better options</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?	→ exercising 2-3 times a week. coming up with a routine that is doable with my lifestyle.
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.	→ using different techniques she advised me to do to limit smoking
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 remembers what was discussed previously & builds on 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?	→ alternative products to sugar. → healthy alternative foods

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

Topic	1-5	Please Explain
Fitness	5	- she herself looks extremely fit/healthy
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 Credit Union Date Nov. 12/14
 Consultant's Name Amanda Roes
 Location Waterloo Your Name Cam Hauck.

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?	Wedding, general information, want to improve my health
What did you like most about the consultation?	very informative, talked about goal setting, and I've executed my goals
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	Coaching
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 an added benefit that other employers don't offer or consider.

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?	Healthy eating & planning/preparing meals, mainly lunches & consistent healthy 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 <u>3</u> <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
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 Libro

Date May 15/14

Consultant's Name Amanda Roes

Location Williamsburg, Kitchener

Your Name Cheryl Andraza

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've always been health conscious and always looking for new ideas & advice for nutrition, workouts and lifestyles.
What did you like most about the consultation?	Amanda is very down to earth and lives what she preaches. She is always upbeat and very encouraging. Fantastic person!
What areas of the consultation could use some improvement?	Some of the handouts offered to us seem to have contradictory information.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	I have specific injuries that Amanda understands. She offers exercise advice that I can do without injury. Nutrition advice is top notch.
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	I love having Amanda come into the branch because she is so wonderful. But, I feel money could be better spent on benefits.

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 out again after an injury had me stopped completely. Baby steps have me working out without pain / better nutrition.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="checkbox"/> Sometimes <input type="checkbox"/> Not very often <input type="checkbox"/>
Please explain.	I workout as often as I can. Follow nutrition advice, until schedule gets too hectic.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="checkbox"/> NO <input checked="" type="checkbox"/>
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 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Her energy, empathy & down down to earth personality. She practices what she preaches and shares a lot of info
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>
What products or services has your consultant referred you to, if any?	Chiropractic, personal trainer Organic foods / homeopathic meds for arthritis

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

Topic	1-5	Please Explain
Fitness	5	she's very fit and has training experience
Nutrition	5	organic everything for her family
Stress management techniques	/	never discussed
Time-management	5	always punctual and respectful of everyone.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	nothing that I can think of.
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Company LIBRO Date MAY 15/2014
 Consultant's Name Amande Roes
 Location Williamsburg Your Name Mary Lichty - Neels

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 very interested in fitness + nutrition + look exchanging ideas</i>
What did you like most about the consultation?	<i>exchange of ideas</i>
What areas of the consultation could use some improvement?	<i>The handouts - yesterday listing pop as a moderate G.I. really all it is chemicals - lets focus on "real" food</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>- food recipes - exercise</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	YES NO <i>MAYBE</i>
Please explain	<i>- I would seek out the information</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?	- Working on recipes as I have had food testing done & have found out there are foods that I should not have
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	New ideas
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	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 Credit Union

Date Sept 17/14

Consultant's Name Amanda Roes

Location Williamsburg

Your Name Cheryl Andraza

Employee Wellness Solutions Network
Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	(1) 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've always been into fitness and good nutrition. I wanted additional advice & feedback. Amanda's fantastic.
What did you like most about the consultation?	Amanda is honest & full of information she loves to share. She is very encouraging and makes everything fun. What a smile!
What areas of the consultation could use some improvement?	It would be nice if we had her more than once a month. No other room for improvement.
Do you feel that your consultant is able to help you achieve your goals?	(YES) NO
Please explain	We talk about goals & accomplishments and she always gives me encouragement to push forward and praise accomplishments.
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	Amanda is an asset to us, but she has very little to do with "workplace". She is awesome but all of what we discuss is homework outside of workplace.

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?	Increasing fitness level. Dealing with daily stress. Diet & Nutrition
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.	Lifestyle changes have changed my life. Diet, exercise, meditation
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 outgoing personality. Amanda is sincere & genuinely interested in my goals. She goes above & beyond to help.
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?	Too many to recall Recipes, fitness attire, training plans.....

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

Topic	1-5	Please Explain
Fitness	5	She knows her stuff
Nutrition	5	Practices what she preaches.
Stress management techniques	5	Shares books, techniques etc.
Time-management	N/A	Never talked about it

5 - She is very conscious of our schedules when in branch & adheres to times.

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 Credit Union Date April 29/14
 Consultant's Name Katie Cottrill
 Location Wingham Your Name _____

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	Looking for guidance on health & fitness								
What did you like most about the consultation?	Amanda is friendly and has lots of great ideas for me. She takes an interest in what I'm doing.								
What areas of the consultation could use some improvement?	Follow-up in between sessions								
Do you feel that your consultant is able to help you achieve your goals?						<u>YES</u>		NO	
Please explain	Gives me lots of resources and 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?						<u>YES</u>		NO	
Please explain	Helps me to feel good and therefore be more productive.								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	-only seeing my consultant once a month makes it hard to stay on track.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	-eating better breakfasts and snacks
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 take her recommendations and implement them in my daily routine
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.	Someone to talk to and who is encouraging me in my training and lifestyle
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?	-physiotherapy -vitamins -fish oils

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Follow up from consultant between sessions through email.
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Company London Hydro Date 3/5/2014

Consultant's Name Rose Kobdenhof

Location _____ Your Name Danielle Pietarinen

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 <u>4</u> 5
What motivated you to book a consultation?	<u>I heard about the program and figured 'why not?!'</u>
What did you like most about the consultation?	<u>-my comfort level w Rose -variety of topics discussed -Rose's knowledge level of many topics.</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	<u>She gives me confidence and resources and never judges.</u>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<u>I think its a smart, proactive program that has widespread appeal.</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?	Stress management, healthy eating.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	Things are easier said than done 😊.
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.	Frank conversation; have developed strong relationship + friendship; Rose remembers items we've discussed
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?	D o

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?	The 'extras' offered are also nice: - lunch + learn - food/recipe samples - various handouts
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Company London Hydro Date Sept 4/14
 Consultant's Name Rose Koldenhof
 Location London Hydro Your Name Rob Burnett

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?	New Job. Not working outside anymore, need some tips on staying active.
What did you like most about the consultation?	Her Enthusiasm
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	Rose has suggested some simple things for activity that I would have overlooked
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	Being Part of the H&S Team I believe it is important for me to show the company the strengths of this program, I want to walk the walk.

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?	No longer use any refined sugar.
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.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

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

Topic	1-5	Please Explain
Fitness	4	
Nutrition	5	
Stress management techniques	4	haven't really discussed any
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Keep up the great work The consultants are awesome!
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Company London Hydro

Date Jan 22, 2011

Consultant's Name Rose Koldenhof

Location _____ Your Name Andrea Graansma

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?	<i>Positive reviews about the program.</i>								
What did you like most about the consultation?	<i>Always leave with an goal to accomplish.</i>								
What areas of the consultation could use some improvement?	<i>Nothing comes to mind :)</i>								
Do you feel that your consultant is able to help you achieve your goals?		<u>YES</u>					NO		
Please explain	<i>Helps to set realistic "fun" goals in my case to help relieve everyday pressures.</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>Helps to keep focus on health and overall well-being, which makes me contribute better to the company.</i>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	None. We've progressed from Nutrition → Fitness → Mental Wellness
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Keeping fitness at a constant level to relieve stress/pressures.
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.	Keep up with the fitness but have not implemented the 20-min workout yet.
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 <input checked="" type="radio"/> 7 <input type="radio"/> 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Her energy and positive attitude! Motivation she gives me to keep going.
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?	20 min workout, mental wellness sites

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?	Nothing. Great program!
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Company Precision Resource Date 26 AUG 2014

Consultant's Name GLORIA V

Location 4 CHERRY BLOSSOM ROAD Your Name JOHN MACH
CAMBRIDGE ON N3H4R7

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?	GLORIA ALWAYS HAS HELPFUL THINGS TO SHARE ABOUT NUTRITION + FITNESS AND MORE IMPORTANTLY, ENCOURAGES + CHALLENGES ME.
What did you like most about the consultation?	GLORIA IS A STRAIGHT SHOOTER AND I LIKE THAT; SOMETIMES SHE GIVES ME THE GENTLE PUSH THAT I NEED.
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	GLORIA'S INPUT NOT ONLY GIVES ME GREATER UNDERSTANDING ABOUT FOOD AS A FUEL BUT ALSO ABOUT STRATEGIES FOR OVERCOMING OBSTACLES; I LIKE THAT
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	CHECKING IN ON A REGULAR BASIS GIVES AN OPPORTUNITY FOR ACCOUNTABILITY AS WELL AS CHECK PROGRESS AND DEFINE THE NEXT STEPS

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?	MODIFYING MY DIET BY MAKING BETTER FOOD CHOICES
How often do you act on the advice given by the consultant?	All the time MOST OF THE TIME Sometimes Not very often
Please explain.	SOMETIMES DUE TO MY OWN NEGLIGENCE I FORGET TO DO WHAT WE AGREED UPON.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES NO CAN'T THINK OF ANY AT THIS TIME
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.	OBJECTIVE MEASUREMENTS, ENCOURAGEMENT NEW INFO & FINE TUNING OF DIET
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?	BUY NATURAL FOODS (SUGAR FREE & GLUTEN FREE)

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

Topic	1-5	Please Explain
Fitness	5	VERY KNOWLEDGEABLE AND HER KNOWLEDGE HAS BEEN VALIDATED WITH MY EXPOSURE TO OTHER SOURCES + STUDY
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 CU Date Sept 9/14
 Consultant's Name Amanda Roes
 Location Stratford Your Name Kelly Clark

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?	am always looking for ways to improve my health + wellness.
What did you like most about the consultation?	one on one, goal setting great tips
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	Amanda is very positive + encouraging + helps me to set attainable goals but to still push myself.
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 + Wellness should be first + foremost to everyone.

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?	Working towards a 10K Race in Oct 2014.
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.	Amanda is very friendly + approachable + motivating.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

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

Topic	1-5	Please Explain
Fitness	5	she's well educated. + lives by example
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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