

Company _____ Date Dec 11 2014
 Consultant's Name TRISH PURDY
 Location _____ Your Name _____

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 <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 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>WORK Suggestion, Help</u>
What did you like most about the consultation?	<u>she is personable</u>
What areas of the consultation could use some improvement?	<u>more information available</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Doing things for myself
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 6 7 8 9 10 <u>+10</u>
What aspect of your wellness consultant keeps you coming each month? Please explain.	She is a good listener.
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	3	
Stress management techniques	3	
Time-management	4	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Bruce Telecom Date Nov 25-2014
 Consultant's Name Tina
 Location Twerton Your Name C. K. Morrison

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>4</u> 5
How would you rate the professionalism of the consultant?	1 2 3 <u>4</u> 5
How would you rate the communication skills of the consultant?	1 2 3 <u>4</u> 5
How involved did you feel in deciding next steps for your health?	1 2 3 <u>4</u> 5
What motivated you to book a consultation?	<i>help to lose weight + find healthy exercises</i>
What did you like most about the consultation?	<i>friendly one on one personal + cooking ideas</i>
What areas of the consultation could use some improvement?	<i>more cooking ideas</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>answers any concerns I have about products</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<i>Keeps me motivated to practice healthy lifestyle</i>

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

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

Topic	1-5	Please Explain
Fitness	<i>4</i>	
Nutrition	<i>4</i>	
Stress management techniques	<i>5</i>	
Time-management	<i>5</i>	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company BRUCE TELECOM Date DEC 29/14

Consultant's Name TINA MORRISON

Location B TIVERTON Your Name _____

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 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>Continued support for physical fitness & health.</i>
What did you like most about the consultation?	<i>Bubbly personality and great new ideas.</i>
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>We have looked at different healthy meal prep options that fit my life style</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>Knowing that there is someone available who is neutral to speak to about health issues is comforting.</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	increasing my water intake daily
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.	Based on the goals we have set I try to incorporate the step daily.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <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.	Motivation to meet the goals set
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

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

Topic	1-5	Please Explain
Fitness	5	
Nutrition	5	
Stress management techniques	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 Bruce Municipal Telephone Date Nov 25th
 Consultant's Name Tina Morrison
 Location Tiverton Your Name Maxine Howle

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<u>2</u> 3 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>my Age and increase of weight fast</u>
What did you like most about the consultation?	<u>Very Helpfull and willing to try things for me</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>Getting me to change my eating habits and try different food.</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 keeps me Accountable to do Bootcamp weekly.</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 now eat yogurt. @ Losing Belly fat Inches.
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.	Snack more because I didn't eat enough daily
Are there any topics that you wish were covered in your wellness consultations that are not?	<input type="radio"/> YES <input type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10 but see weekly for Boot camp
What aspect of your wellness consultant keeps you coming each month? Please explain.	measurements
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	able to do Exercise herself.
Nutrition	5	got me to try Yogurt.
Stress management techniques		I have never had to question her ability on these.
Time-management		

Other Programming

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

Date Nov 25, 2014

Consultant's Name Tina

Location _____ Your Name [scribble]

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>Wanted someone to guide me to make changes - also accountability</u>								
What did you like most about the consultation?	<u>We continue to do goals</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	<u>Yes, I feel that it is always about "getting better" - accountability</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?	
How often do you act on the advice given by the consultant?	All the time Sometimes Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	YES NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	YES NO
What products or services has your consultant referred you to, if any?	

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	Seminar about the benefits of forgiveness I like the group activities
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Company CAA ATLANTIC Date Nov. 19, 2014
 Consultant's Name IRISH PURDY
 Location DARTMOUTH Your Name TRUDY RITTER

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>Trying to make meaningful change to lifestyle.</i>
What did you like most about the consultation?	<i>Tip sheets / Recipes.</i>
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>Keeps you on track</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>Our health is very important to how we work.</i>

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

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

Topic	1-5	Please Explain
Fitness	<u>5</u>	
Nutrition	<u>5</u>	
Stress management techniques	<u>4</u>	
Time-management	<u>3</u>	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company CAA Atlantic Date 19 Nov 2014
 Consultant's Name Trish Purdy
 Location Dartmouth Your Name Tanya

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 <u>4</u> ^{or} <u>5</u> 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>4</u> 5
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 <u>4</u> 5
What motivated you to book a consultation?	<u>Someone to talk to</u>
What did you like most about the consultation?	<u>Trish is very friendly and always gives advise on how to cope with my busy every day life</u>
What areas of the consultation could use some improvement?	<u>/</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>She keeps me motivated and suggests different things I can do</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>work/life balance is important and it's always helpful to get advice</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?	Taking "ME" time - relaxing in the bath, water aerobics, reading
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	I take some of her suggestions, but haven't taken all of it.
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.	Someone to talk to about my goals and achievements
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?	walking, eating healthier, breathing techniques

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 CAA Date December 3, 2014

Consultant's Name Trish Purdy

Location Halifax NS Your Name Meghan Isenor

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?	In the begining the presentation from Megan was great... but continue to book with Trish because she is great &								
What did you like most about the consultation?	Trish is so friendly & easy to help talk to. Great advice!								
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	When I was losing weight/exercising (prior to pregnancy) the recipes & tracking was excellent! Kept me on track!								
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	Great to have someone to check in with. Having this service within the company makes you feel they (CAA) cares too.								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	- Weight loss - reach goal in February prior to trip
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	There may be a recipe that I do not make - but take the advice,
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?	- wellness - exercise - health - (now) pregnancy
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.	Currently - pregnancy health & fitness.
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?	- pregnancy yoga

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

Topic	1-5	Please Explain
Fitness	5	excellent workout options & time needed for each etc...
Nutrition	5	Great recipes & advice on getting my veggies & protein in.
Stress management techniques	N/A	- I have never discussed this because not an issue
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 CPA Atlantic Ltd Date 05 Dec 14
 Consultant's Name Trish Purdy
 Location Halifax Your Name Stacy

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>10</u>	
How helpful was the consultant? (1=not, 5=very)			1	2	3	<u>4</u>	5			
How would you rate the professionalism of the consultant?			1	2	3	<u>4</u>	5			
How would you rate the communication skills of the consultant?			1	2	3	<u>4</u>	5			
How involved did you feel in deciding next steps for your health?			1	2	3	<u>4</u>	5			
What motivated you to book a consultation?										
What did you like most about the consultation?										
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	gives motivation and ideas for new ways to loose weight/exer									
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?	weight loss & exercise + eating habits lost 10+ pds / eating better.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	
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 <u>8</u> 9 10 +10 4-8 <i>some</i>
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company CAA Date Dec 3/14
 Consultant's Name Trish Purdy
 Location CAA Halifax Your Name Lisa

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?	makes me change my state of thinking and emotions								
What did you like most about the consultation?	She listens and makes me feel like I am not crazy								
What areas of the consultation could use some improvement?	-								
Do you feel that your consultant is able to help you achieve your goals?						YES		NO	
Please explain									
Does your consultant give suggestions for lifestyle change that are achievable to you?						YES		NO	
Is your wellness consultation something that you feel is important within your work place?						YES		NO	
Please explain									

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	
How often do you act on the advice given by the consultant?	<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.	
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	<u>5</u>	
Nutrition	<u>5</u>	
Stress management techniques	<u>5</u>	
Time-management	<u>5</u>	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company CAA ATLANTIC Date 03Dec14
 Consultant's Name TRISH PURDY
 Location HAUFAX Your Name ALEX WILLIAMS

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 was at a point where I need some help and what I had been doing on my own was not working								
What did you like most about the consultation?	The support, the information & ideas, and the commitment.								
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	Yes I think she has helped me with the steps & meeting regularly helps motivate me								
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 its fantastic to have this placed in work place as it is something positive for your overall feelings!								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	the consistency in walks, and has given me different ideas for small work outs that have been working
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time Sometimes Not very often
Please explain.	I have taken all the ideas she has given me & have been applying them
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <input checked="" type="radio"/> 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	support, & constant new ideas & information that help me
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?	A lot of easy access home things that work for my lifestyle

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

Topic	1-5	Please Explain
Fitness	5	5 as highest
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 CAA Date 8 Dec 2014

Consultant's Name Trish Purdy

Location Halifax Your Name Trish MacPherson

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<u>(2)</u> 3 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>(5)</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>(5)</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>(5)</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>(5)</u>
What motivated you to book a consultation?	? not sure
What did you like most about the consultation?	she is very enthusiastic
What areas of the consultation could use some improvement?	having her laptop open was distracting
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	co workers seem happier

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

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company ChemPh / Canada Date Nov 26/2014
 Consultant's Name Katie
 Location 3258 MARENTESTE Av. Windsor Your Name Kathy Sennett

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 <u>4</u> 5
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 <u>4</u> 5
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<i>To see a different perspective</i>
What did you like most about the consultation?	<i>openness to talk about anything!</i>
What areas of the consultation could use some improvement?	..
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>Keeps me motivated, & mentored</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 generate awareness + develop a culture of wellness</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?	using glycemic index, better portioned meals
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	incorporated in daily meals/snacks
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	<u>2</u> 3 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	energy bars

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

Topic	1-5	Please Explain
Fitness		N/A
Nutrition	5	sends info /
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 Colonial Honda Date 13 Nov/14
 Consultant's Name IRISH PURDY
 Location HALIFAX NS. Your Name N/A

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?	SEEKING ADVICE ON BOTH PHYSICAL & MENTAL HEALTH. - STRESS MANAGEMENT/ BETTER EATING HABITS.
What did you like most about the consultation?	THE CONSULTANTS POSITIVITY.
What areas of the consultation could use some improvement?	SOME INFORMATION SHEETS CAN BE REPETITIVE
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	HAVING A POSITIVE, CHEERFUL, MOTIVATING INFLUENCE AS A REMINDER NOT TO FALL BACK INTO OLD HABITS.
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	DEALERSHIPS CAN BE VERY NEGATIVE, STRESSFUL, UNHEALTHY ENVIRONMENTS.

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NONE. ANY INFO I REQUEST IS ALWAYS PROVIDED AND THEN SOME!
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	GOAL SETTING.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	MY ISSUES WITH HEALTHY EATING AND MEAL PLANNING AREN'T ALWAYS ATTAINABLE
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	AS PREVIOUSLY MENTIONED HER POSITIVE ATTITUDE AND OPENESS.
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?	CAN'T SPECIFICALLY RECALL

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?	NOT AT THIS TIME
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Company Colonial Honda

Date Nov 13 2014

Consultant's Name Trish Purdy

Location Halifax

Your Name Robert Ferguson

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?	Company provided opportunity.								
What did you like most about the consultation?	Very helpful, understanding professional and encouraging.								
What areas of the consultation could use some improvement?	None -								
Do you feel that your consultant is able to help you achieve your goals?					YES		NO		
Please explain	Set small, achievable, important realistic goals.								
Does your consultant give suggestions for lifestyle change that are achievable to you?					YES		NO		
Is your wellness consultation something that you feel is important within your work place?					YES		NO		
Please explain	Helps lift the mood of staff and self.								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	None.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Quit smoking, sugar intake reduction, stress management
How often do you act on the advice given by the consultant?	All the time Sometimes Not very often
Please explain.	She makes it easy to apply to day to day life.
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.	Happy, bubbly, energetic, positive and encouraging personality
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?	None.

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

Topic	1-5	Please Explain
Fitness	5	She's a total pro!
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	None, Irish is fantastic
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Company Colonial Honda Date Nov. 13, 2014
 Consultant's Name Iris Purdy
 Location HP Your Name Tanya Spruin

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>Iris's enthusiasm</i>
What did you like most about the consultation?	<i>how motivated she is to help me achieve my goals</i>
What areas of the consultation could use some improvement?	<i>nothing :) really nothing</i>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>so far with Iris's help I've lost 10lbs since seeing her :)</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>her positive attitude is contagious</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	<u>NO</u>
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	<i>losing weight</i>
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	<i>eating right but cheating (on sweets/chips) occasionally.</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>her positive attitude and motivation</i>
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

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

Topic	1-5	Please Explain
Fitness	<u>5</u>	<i>great exercise ideas. love walking dogs</i>
Nutrition	<u>5</u>	<i>she eats healthy so that helps me eat healthy</i>
Stress management techniques	<u>5</u>	
Time-management	<u>5</u>	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	<i>we love Trish 😊</i>
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Company Colonial Honda Date Nov. 13
 Consultant's Name Trish
 Location Halifax Your Name Lisa Coemier

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 <u>6</u> 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 <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?	
What did you like most about the consultation?	<i>The most positive attitude I have ever seen. Made me feel good! :)</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> <i>Very</i> NO
Please explain	

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	
Are there any topics that you wish were covered in your wellness consultations that are not?	<input checked="" type="radio"/> YES <input type="radio"/> NO
If yes, which topics are of interest to you?	naturopathy / alternative /
How many weeks is it between your consultations on average?	2 <input checked="" type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	her positivity !!
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	3	
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 Colonial Honda Date Nov 27th
 Consultant's Name Trish
 Location Collision Center Your Name Dalrie Wessel

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	<u>6</u>	7	8	9	10	+10
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<u>new employee - new experience</u>								
What did you like most about the consultation?	<u>very pleasant & full of information</u>								
What areas of the consultation could use some improvement?	<u>nothing - it's all good</u>								
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u>				NO				
Please explain	<u>she motivates me by doing it herself</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 look forward to our chats.</u>								

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?	watching my weight + adding exercise.
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often <input type="radio"/>
Please explain.	I try to do all but slid off after a while
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 enjoy her chats and info.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	diet + exercises - recipes etc.

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

Topic	1-5	Please Explain
Fitness	5	she pushes me to exercise.
Nutrition	5	very knowledgeable.
Stress management techniques	5	great exercises.
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?	Very pleasant + friendly. She is awesome. I enjoy my 30mins with her + what she says.
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Company Colonial Honda

Date Nov 13th 14

Consultant's Name Trish

Location Halifax

Your Name Brian Baker

Employee Wellness Solutions Network Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	<u>5</u>	6	7	8	9	10	+10
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	<u>4</u>	5		
What motivated you to book a consultation?	<u>She booked one for me</u>								
What did you like most about the consultation?	<u>easy to talk to.</u>								
What areas of the consultation could use some improvement?	<u>unsure / All was great.</u>								
Do you feel that your consultant is able to help you achieve your goals?			<u>YES</u>		NO				
Please explain	<u>had some great points.</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>_____</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?	eating at work
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	—
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <u>3</u> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	dried, goods.

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

Topic	1-5	Please Explain
Fitness	5	she
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 Colonial Honda Date Dec 1 2014

Consultant's Name _____

Location Colonial Collision Center Your Name James Hughes

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?	<i>to Better my Health</i>
What did you like most about the consultation?	<i>EASY TO TALK TO</i>
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>MAKING BETTER Food CHOICES</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	WORKED ON FOOD CHOICES AND BETTER LUNCHES
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.	SNACKS VEGS ARE BETTER THAN CHIPS 😊
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <input checked="" type="radio"/> 3 <input 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 FINDS INTERESTING AND HEALTHY TOPICS TO TALK ABOUT
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES NO
What products or services has your consultant referred you to, if any?	

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Colonial Howda. Date Nov, 21/14.
 Consultant's Name TRISH Purdy,
 Location Hfx. N.S. Your Name RICK MELKERT-

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>had open heart surgery want to keep healthy.</u>								
What did you like most about the consultation?	<u>everything exercise, healthy recipes.</u>								
What areas of the consultation could use some improvement?	<u>none</u>								
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u>				NO				
Please explain	<u>good advice, recipes, walking;</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>our industry is very fast pace - and can be very stressful, and eating habits can be very poor</u>								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	I am eager to walk during work hours.
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.	regular walks, nutrition snacks, healthy lunch, healthy recipes.
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?	<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.	She is very positive & a great motivator.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	healthy recipes, & stress counselling.

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

Topic	1-5	Please Explain
Fitness	5	she walks rain or shine.
Nutrition	5	provides healthy recipes.
Stress management techniques	5	very good listener & compassionate.
Time-management	5	gives great suggestions.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	With my experience with Triik she has covered all my concerns.
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Company COLONIAL HONDA Date Nov. 20/14
 Consultant's Name TRISH PURDY
 Location HALIFAX N.S. Your Name ADAM CORSETT

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>Getting over 30!</u>
What did you like most about the consultation?	<u>understanding our job stresses/ time constraints and personalizing a plan for me.</u>
What areas of the consultation could use some improvement?	<u>none</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>I've quit smoking, am eating more regular meals and working out on a regular basis</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>only place I've worked with this offered and I think it's great.</u>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	none
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	not drinking my calories over the day but making sure I get consistent meals.
How often do you act on the advice given by the consultant?	All the time Sometimes Not very often
Please explain.	circle all the time but I do slip. That's why I like the fact it's on-going
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?	Juicer, slow cooker, swimming or biking (knee injury)

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 COLONIAL HONDA Date NOV 13/14
 Consultant's Name ~~BIL ASTFORD~~ TRISH
 Location HALIFAX Your Name BIL ASTFORD

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	+10	NOT SURE
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	5			
How would you rate the professionalism of the consultant?			1	2	3	4	5	6		
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?	THROUGH WORK									
What did you like most about the consultation?	FEELING GOOD ABOUT MYSELF									
What areas of the consultation could use some improvement?	MORE CONSULTATIONS. I GET OFF TRACK EASY.									
Do you feel that your consultant is able to help you achieve your goals?	YES NO									
Please explain	SHE CAN ANSWER ANY OF MY QUESTIONS									
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	VERY - SHE IS ALWAYS AVAILABLE									

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

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Colonial Honda Date Nov 13, 2014.
 Consultant's Name Trish Purdy
 Location Halifax, NS. Your Name Paul Cotter

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?	Wanting to start a gym membership. which I did, and still use 1 year later.
What did you like most about the consultation?	Trish's very positive Attitude, and help.
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	YES NO
Please explain	
Does your consultant give suggestions for lifestyle change that are achievable to you?	YES NO
Is your wellness consultation something that you feel is important within your work place?	YES NO
Please explain	

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Accountability of going to gym at least 3 times a week
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.	Love Trish, shes Amazing 😊
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Colonial Honda Date Nov. 13/14
 Consultant's Name Trish Purdy
 Location Halifax Your Name Caity Cahill

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	+10
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	5		
How would you rate the professionalism of the consultant?			1	2	3	4	5		
How would you rate the communication skills of the consultant?			1	2	3	4	5		
How involved did you feel in deciding next steps for your health?			1	2	3	4	5		
What motivated you to book a consultation?	Learn more about nutrition and healthy eating choices.								
What did you like most about the consultation?	Trish is friendly, positive, motivating and sincere in wanting to help.								
What areas of the consultation could use some improvement?	bring in healthy snacks more? Haha.								
Do you feel that your consultant is able to help you achieve your goals?					YES		NO		
Please explain	She's good at listening and giving advice when needed.								
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	Makes me feel better to know we have someone here who cares about us making healthy choices.								

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	not really, although a fitness routine other than walking would be fun some-time!
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	eating less sugary breakfast foods and knowing a bit more about what foods do what for my health.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	I always try and use her information but sometimes busy life gets in the way.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 <u>3</u> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Motivation from Trish, positive, uplifting vibes, and good information on nutrition.
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?	nothing specific that I can remember.

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

Topic	1-5	Please Explain
Fitness	3	We haven't talked a lot about it. But I do exercise regularly.
Nutrition	4	She does lots of research.
Stress management techniques	3	we haven't talked about this much in our sessions.
Time-management	3	Not something we discussed in our sessions too much.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	More recipes, snacks and different plans for a fitness routine during visits would be fun!
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Company Electro. Cables Date NOV 14/14
 Consultant's Name Noel Bunt
 Location Freetown Your Name Kim Quinn

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?	Working with co workers, and hearing how well they are doing, and learning new ideas and recipes on how to shop, for family meals
What did you like most about the consultation?	She really listen to my needs, to improve on what started out with my hips, knee and feet.
What areas of the consultation could use some improvement?	thier is nothing I see needs improvement, if we need to talk to Noel, and feet.
Do you feel that your consultant is able to help you achieve your goals?	YES NO She is right thier
Please explain	I find my self eating solids, yogurt, all the while things most most of the time, this is very big for me
Does your consultant give suggestions for lifestyle change that are achievable to you?	YES NO
Is your wellness consultation something that you feel is important within your work place?	YES NO
Please explain	yes very much, we now have a different way of seeing how we work to be more on board about are health health, and ways to use this to help us work with less aches and pains "

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	not for me (no problem)
What is an example of an accomplishment, big or small, that you have worked on with your consultant? *	big. - eating alot better, walking more = eating solids now, yogurt " never done (Both me and my husband) - this before.
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	Noel, is a very caring person, she really give me good advise, put's me back on track,
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO her notes are very well notice at work
If yes, which topics are of interest to you?	food, fitness, and to read, and get you. Recipes (Thank you). thinking on what is good for you
How many weeks is it between your consultations on average?	<input checked="" type="radio"/> 2 3 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	To get my weight check, and see what I need to do to improve on my next weeks
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	That is how started. <input checked="" type="radio"/> YES NO
What products or services has your consultant referred you to, if any?	So many things, itypes of food, wear to find it, how to use it, change Recipes for better and healthier. Cooling. Insoles for my work shoes, what I should try.

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

Topic	1-5	Please Explain
Fitness	5	Noel has shown me how to exercise, to help my hips, feet, love the walking.
Nutrition	5	we eat alot better. (Read labels all)
Stress management techniques	4.	makes work alot easier. the time.
Time-management	4.	I need to improve on that.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	No, but people outside of work can't believe I get this from work. I feel very lucky to have this. these
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Thanks Electro Cables.

Company Farnell Play Date Jan 12/15
 Consultant's Name Trish Purdy
 Location Dart NS Your Name Denise Williams

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?	Free, personal advise on healthy living. one-on-one consultation available at work.
What did you like most about the consultation?	It's personalized, specific to my lifestyle.
What areas of the consultation could use some improvement?	Sorry, can't think of anything except, snacks maybe! (kidding)
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	She's very encouraging & supportive. She never criticizes if things aren't going as planned. She's a good listener.
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	Our company is very busy. life is very busy. It's goal to have a chance to visit with Trish to discuss health issues without leaving the workplace. Staying healthy is an important part of any job.

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, at lunch time, because of the walking program that she started.
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	quite often use recipes that Trish gives me
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <u>NO</u>
If yes, which topics are of interest to you?	Food!
How many weeks is it between your consultations on average?	2 3 <u>4</u> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	I like how she keeps track of our sessions and asks follow-up questions - Ex - I like to participate in 5K runs, she asks how my training is going & offers handouts to help me.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	Learn to Run Programs.

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

Topic	1-5	Please Explain
Fitness	5	Our consultant teaches fun & effective fitness classes, on site
Nutrition	5	Always has good suggestions for healthy dishes
Stress management techniques	5	Also knowledgeable, along with fitness classes, stress management w/ regular exercise & food
Time-management	4	- never really got into this topic

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	It's fun, It's free. It's available. It covers any topic you may need. What's not to like?
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Company Farnell Pkg Ltd Date Jan 6/15
 Consultant's Name Trish Purdy
 Location Farnell Pkg Your Name A.D. Leary

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>Trish's energy motivated me to book an appointment</u>								
What did you like most about the consultation?	<u>- She is knowledgeable & cares about wellness.</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>- always suggests other ways to help when I fail to meet my goals!</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>- If we can keep people healthy & attendance will improve</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?	- eating healthy snacks - celery carrot sticks - instead of pop/chips etc
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.	- always try to act on ways to improve my health, not always 100%
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input type="radio"/> NO <input checked="" type="radio"/>
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 <input checked="" type="radio"/> 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	- Trish's energy is contagious & I always get motivated after one of our appointments.
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?	- suggests I try a yoga class

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 Farnell Packaging
 Consultant's Name Trish Purdy
 Location Dartmouth, N.S.

Date Jan 6/14
 Your Name Alice Wheeler

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 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>my employer was offering this + I need to improve my health</u>
What did you like most about the consultation?	<u>the open ness & willing ness to help as much as she can.</u>
What areas of the consultation could use some improvement?	<u>none</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>because she keeps me 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	

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 healthier, losing weight
How often do you act on the advice given by the consultant?	All the time <input checked="" type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	I try my best but sometimes obstacles get in my way.
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.	it is easy to talk to her and discuss any issues I have with myself or family members.
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?	googling things on the internet, handouts

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Farnell Packaging Date Jan. 7/15
 Consultant's Name Irish Buddy
 Location Dartmouth Your Name Ashley

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 <u>4</u> 5
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>my weight</u>
What did you like most about the consultation?	<u>Irish was easy to talk to. She doesn't look down on you.</u>
What areas of the consultation could use some improvement?	<u>none.</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>She asks of my progress</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 feels good to be healthy & be around others who are</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?	Learning to run. Learning to schedule meals
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.	My health is important to me.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Farnell Packaging Date Jan 9/15
 Consultant's Name Trish Purdy
 Location Dartmouth Your Name Tanya Kavanagh

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>Trish is a great motivator & just her energy made me want to get healthier.</i>
What did you like most about the consultation?	<i>great information on exercise & healthy eating.</i>
What areas of the consultation could use some improvement?	
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<i>She is very supportive & when I start to slide off track she gently guides me back to where I need to be.</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	<i>It helps to have her here to keep me motivated & on track</i>

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	no.
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Weight Loss - lost 30 lbs Quit Smoking.
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	I use her suggestions & workout tips on a daily basis.
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 <u>3</u> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Her upbeat personality & determination to help.
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Hobart Date 2014-11-27
 Consultant's Name Denise Eccies
 Location OWEN SOUND Your Name JEREMY LUYT

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?	FREE, CONVENIENT, MY "OUTSIDE" CONSULTANT/THERAPIST WAS NOT EFFECTIVE
What did you like most about the consultation?	RESULTS!!!, STEP BY STEP MANAGEABLE SUGGESTIONS
What areas of the consultation could use some improvement?	SORRY, CAN'T THINK OF ANYTHING.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	DENISE HAS DEvised A STEP BY STEP METHOD TO CHANGE/ENHANCE MY LIFE
Does your consultant give suggestions for lifestyle change that are achievable to you?	<u>YES</u> NO
Is your wellness consultation something that you feel is important within your work place?	<u>YES</u> NO
Please explain	WHEN THINGS SEEM OVERWHELMING OR STRESSFUL DENISE HELPS ME PUT THINGS BACK INTO THE CORRECT PERSPECTIVE

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?	FAMILY WELLNESS THROUGH BETTER FAMILY EXERCISE, EATING AND INTERACTION.
How often do you act on the advice given by the consultant?	All the time Sometimes Not very often
Please explain.	Denise always ensures that advice is understood and that I agree with it before the session is over, so that so I am motivated to act on the advise.
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.	RESULTS. I AM GIVEN SMALL STEPS TO DO, AND WITH EACH STEP I COMPLETE I SEE RESULTS
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 BOOKS (NOT FOR WEIGHT LOSS BUT FOR HEALTHIER LIVING)

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?	MORE GROUP SESSIONS / INFO LUNCH & LEARNS. SOME PEOPLE THAT REALLY COULD BENEFIT ARE NOT SIGNING UP FOR THE INDIVIDUAL SESSIONS.
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Company KERRY CANADA

Date DEC 19, 2014

Consultant's Name Krista Dolbear

Location WOODSTOCK.

Your Name ANDREW BOX

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 <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?	LEARN MORE IMPROVE MY HEALTH REDUCE STRESS
What did you like most about the consultation?	KRISTA IN HELPING ME SUCCESSFULLY ACHIEVE MY GOALS.
What areas of the consultation could use some improvement?	NONE ... OTHER THAN THE THE CONSULTATION COULD BE LONGER.
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	GIVING ME KNOWLEDGE, SUPPORT + HOLDING ME ACCOUNTABLE TO WHAT I SHOULD DO.
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	WORK HAS STRESS + KRISTA HELPS ME DEAL WITH THE STRESS

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?	- PREPARING MEALS + EATING HEALTHIER - BETTER FOCUS + EXECUTION OF WEIGHT TRAINING.
How often do you act on the advice given by the consultant?	ALMOST All the time Sometimes Not very often
Please explain.	I'M NOT PERFECT SO I SOMETIMES FORGET TO ACT ON THE ADVICE, BUT THAT'S RARE.
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.	SOME ONE I CAN TRUST, LISTEN TO, TALK TO, LEARN FROM, UNDERSTANDS ME, HELPS ME.
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?	NONE.

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

Topic	1-5	Please Explain
Fitness	5	- ANSWERS ALL OF MY QUESTIONS IMMEDIATELY
Nutrition	5	WITH KNOWLEDGE +
Stress management techniques	4	CONFIDENCE, GIVING
Time-management	4	ME CONFIDENCE + ABILITY TO SUCCEED.

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	NONE THAT COME TO MIND.
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Company Kerry CANADA Date Dec 18 2014

Consultant's Name Krista Dolbear

Location WOODSTOCK Your Name CLIFF COLPITT

Employee Wellness Solutions Network

Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 <u>6</u> 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>TO LEARN Better ways</u>
What did you like most about the consultation?	<u>Good ADVICE</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>SHE IS HELPFUL in FINDING WHAT I need.</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 NOT only Help make Your LIFE Better SHE Helps TO Find resolve TO your ISSUES</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>Eating Better</i>
How often do you act on the advice given by the consultant?	<u>All the time</u> Sometimes Not very often
Please explain.	<i>Good sense makes sense.</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>Come over WHAT WAS ISSUES FROM BEFORE I SEE HOW IT HELP.</i>
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<u>YES</u> NO
What products or services has your consultant referred you to, if any?	

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

Topic	1-5	Please Explain
Fitness	5	<i>ALLWAYS HAS KNOWLEDGE ON IT</i>
Nutrition	5	<i>KNOWLEDGE ON BALANCED FOODS</i>
Stress management techniques	5	<i>GOOD EXPLANATIONS</i>
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 Kerry Canada Date 2014.12.18
 Consultant's Name Krista Dolbear
 Location Woodsfock Your Name Alexandra Gaboniec

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 5
How would you rate the professionalism of the consultant?	1 2 3 4 5
How would you rate the communication skills of the consultant?	1 2 3 4 5
How involved did you feel in deciding next steps for your health?	1 2 3 4 5
What motivated you to book a consultation?	<i>I am trying to go beyond the routine in my life style</i>
What did you like most about the consultation?	<i>Following on my commitments to improve</i>
What areas of the consultation could use some improvement?	<i>No suggestion at the moment</i>
Do you feel that your consultant is able to help you achieve your goals?	YES NO
Please explain	<i>As above</i>
Does your consultant give suggestions for lifestyle change that are achievable to you?	YES NO
Is your wellness consultation something that you feel is important within your work place?	YES NO
Please explain	

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	No
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	Trying to be more active
How often do you act on the advice given by the consultant?	All the time <u>Sometimes</u> Not very often
Please explain.	Keep forgetting
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.	Drinking more water; eating veggies
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?	Many healthy recipes

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

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

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	
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Company Owens MacFadyen Group Date Dec 11 / 14
 Consultant's Name Trish Purdy
 Location Halifax Your Name Alice Fisher

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7 ⁺	8	9	10	+10
How helpful was the consultant? (1=not, 5=very)				1	2	3	4	5	
How would you rate the professionalism of the consultant?				1	2	3	4	5	
How would you rate the communication skills of the consultant?				1	2	3	4	5	
How involved did you feel in deciding next steps for your health?				1	2	3	4	5	
What motivated you to book a consultation?	<i>health issues</i>								
What did you like most about the consultation?	<i>she understood where I was and where I wanted to go</i>								
What areas of the consultation could use some improvement?	<i>/</i>								
Do you feel that your consultant is able to help you achieve your goals?					YES		NO		
Please explain	<i>by providing tracking sheets, if you write it, it makes you accountable.</i>								
Does your consultant give suggestions for lifestyle change that are achievable to you?					YES		NO		
Is your wellness consultation something that you feel is important within your work place?					YES		NO		
Please explain	<i>she by recipes, changing my diet</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?	Overall feeling better
How often do you act on the advice given by the consultant?	All the time <input type="radio"/> Sometimes <input checked="" type="radio"/> Not very often <input type="radio"/>
Please explain.	It took me a while to change some of my dietary habits
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.	weight measure but mostly the discussion
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	4	} she knows where I have come from and where I want to go. (
Nutrition	4	
Stress management techniques	4	
Time-management	4	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	/
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Company OMG Wealth Date Dec. 12/14
 Consultant's Name Trish Purdy
 Location Halifax Your Name Tim Mac Neil

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	<u>3</u> 4 5 6 7 8 9 10 +10
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>New to firm + interested to see how it worked</u>
What did you like most about the consultation?	<u>Relevant 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>Implemented several recommendations + see the results</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>Valuable resource to be utilized</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?	Time saving/stress reduction ideas/practices
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.	use at least a portion of the components per area
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.	Seeing progress in areas identified
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	4	
Nutrition	5	
Stress management techniques	5	
Time-management	5	

Other Programming

Is there any feedback that you can provide regarding your experience with the wellness program that would help improve our wellness programming?	No
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Company Owens MacFadyen Group

Date Dec 11/14

Consultant's Name Trish Purdy

Location Halifax

Your Name Jennifer Bonnerie

Employee Wellness Solutions Network Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3 4 5 6 7 8 9 10 <u>+10</u>
How helpful was the consultant? (1=not, 5=very)	1 2 3 4 <u>5</u>
How would you rate the professionalism of the consultant?	1 2 3 4 <u>5</u>
How would you rate the communication skills of the consultant?	1 2 3 4 <u>5</u>
How involved did you feel in deciding next steps for your health?	1 2 3 4 <u>5</u>
What motivated you to book a consultation?	<u>To become a healthier person & live a long & active life.</u>
What did you like most about the consultation?	<u>Trish listens as well as offers suggestions</u>
What areas of the consultation could use some improvement?	<u>At this point, I'm very satisfied with my consultations</u>
Do you feel that your consultant is able to help you achieve your goals?	<u>YES</u> NO
Please explain	<u>Trish is very encouraging & helps me narrow my focus to one goal at a time</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>Without our wellness program I don't know if I would have achieved as much as I have in the past 6 months. 😊</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?	Time Management for work/Life Balance
How often do you act on the advice given by the consultant?	<input checked="" type="radio"/> All the time <input type="radio"/> Sometimes <input type="radio"/> Not very often
Please explain.	If Trish tells me something to do, it's very rare I don't at least try it.
Are there any topics that you wish were covered in your wellness consultations that are not?	YES <input checked="" type="radio"/> NO
If yes, which topics are of interest to you?	
How many weeks is it between your consultations on average?	2 3 <input checked="" type="radio"/> 4 5 6 7 8 9 10 +10
What aspect of your wellness consultant keeps you coming each month? Please explain.	Personality, Knowledge, Enthusiasm, Caring, Listening skills
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	None that I can think of.

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

Topic	1-5	Please Explain
Fitness	5	Trish is an industry professional & she knows her stuff.
Nutrition	5	Always has recipes & discussions regarding any nutrition topic she listens.
Stress management techniques	5	
Time-management	5	Quickly pinpoints areas to work on & arrives at a solution

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 Trish !!! I would like to see a few talks on communication. ie with family members & budgeting. Both are "stress causers" for me.
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Company Strathcona Paper Date Jan 29/15
 Consultant's Name Teicia Cammart
 Location _____ Your Name Wanda Lansberger

Employee Wellness Solutions Network
 Head Office Consultation Feedback Survey



One-on-One Consultations

How many wellness consultations have you had?	3	4	5	6	7	8	9	10	<u>+10</u>
How helpful was the consultant? (1=not, 5=very)			1	2	3	4	<u>5</u>		
How would you rate the professionalism of the consultant?			1	2	3	4	<u>5</u>		
How would you rate the communication skills of the consultant?			1	2	3	4	<u>5</u>		
How involved did you feel in deciding next steps for your health?			1	2	3	4	<u>5</u>		
What motivated you to book a consultation?	<u>to lose weight + get in shape</u>								
What did you like most about the consultation?	<u>Teicia is very friendly + down to earth. She recommends healthy eating instead of products</u>								
What areas of the consultation could use some improvement?	<u>None</u>								
Do you feel that your consultant is able to help you achieve your goals?						<u>YES</u>		NO	
Please explain	<u>I've lost 30lbs in a year + lots of inches. I've changed how I eat + exercise. I've learned healthy habits that will last a lifetime</u>								
Does your consultant give suggestions for lifestyle change that are achievable to you?						<u>YES</u>		NO	
Is your wellness consultation something that you feel is important within your work place?						<u>YES</u>		NO	
Please explain									

Is there any aspect of your wellness consultation that you feel is lacking? Please explain.	NO
What is an example of an accomplishment, big or small, that you have worked on with your consultant?	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?	<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.	I enjoy being able to talk to Teicia about anything! from exercise, new foods, new healthy recipes + encouraging our children to eat healthier
Would you recommend the consultant and the one-on-one wellness consultations to your colleagues?	<input checked="" type="radio"/> YES <input type="radio"/> NO
What products or services has your consultant referred you to, if any?	

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

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

Other Programming

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