



If you are interested in **arranging a pulse check** for your organisation, please contact your local OPRA team (see the [contact page](#)) or email info@opragroup.com

WELLBEING AND ENGAGEMENT CHECK: CRISIS PULSE SURVEY

OPRA's Wellbeing and Engagement Check is a 10-minute questionnaire that focuses on the areas we know as Psychologists have a direct impact on wellbeing and psychological health.

Importantly, the survey also includes a measure of overall well-being using the **World Health Organisation Wellbeing Index**. This is an international standard that allows you to track the well-being of everyone in your organisation who completes this survey on a scale of 1 to 100.



It will provide you with key insights into how your staff are coping, where there might be areas to improve your communication and support during the ongoing COVID-19 pandemic; critically provide your staff with a safe way of expressing being heard, and enable your organisation to respond in an agile and targeted manner.