Sample Employee Engagement or Pulse Survey

Many NSCA members are using weekly employee engagement or pulse survey’s with their team. The goal of these types of survey’s and tools is to see job satisfaction of the team on a weekly basis. This is important as many of your team members are now remote or a hybrid model. NSCA members are tracking the data gathered and using the results to serve and lead their teams. The anonymous results can be shared in a weekly team huddle or meeting. Companies have seen positive results during times when things are uncertain. It provides a transpearncy that the company cares about the team and their job satisfaction.

Possible survey tools:

* Typeform – [www.typeform.com](http://www.typeform.com)
* SurveyMonkey
* Others?

Sample Questions:

1. What is your overall job satisfaction this week? (Rate 1-5)
2. How was your workload/work life balance this week? (Rate 1-5)
3. Tell us about your high point of the week. (Type answer here)
4. Tell us about your low point of the week. (Type answer here)
5. Please provide us with a solution to any of the problems you feel (insert company) is currently facing (Type answer here)
6. Tell us one thing (insert company) is doing well. (Type answer here)