

STEP 5: MEASURING AND MAINTAINING PROGRESS

This set of questions is used by one company to measure work-life balance as part of their annual survey.

1. How comfortable are you discussing work-life balance issues with your immediate manager?
 - a. not selected
 - b. not at all comfortable
 - c. somewhat comfortable
 - d. comfortable
 - e. very comfortable
 - f. it depends on the issue

2. Do you experience any difficulty in getting the work-life balance that is right for you?
 - a. not selected
 - b. no difficulty at all
 - c. a little difficulty
 - d. some difficulty
 - e. a lot of difficulty

3. How often does your work at (name of company) make it difficult for you to spend time with your family?
 - a. not selected
 - b. never
 - c. occasionally
 - d. sometimes
 - e. often
 - f. all the time
 - g. not applicable

4. How often does your work at (name of company) make it difficult to take care of family members?
 - a. not selected
 - b. never
 - c. occasionally
 - d. sometimes
 - e. often
 - f. all the time
 - g. not applicable

5. How often does your work at (name of company) make it difficult for you to take part in leisure activities? (eg sport)
 - a. not selected
 - b. never
 - c. occasionally
 - d. sometimes

- e. often
 - f. all the time
 - g. not applicable
6. How often does your work at (name of company) make it difficult for you to take care of personal business? (e.g. banking, car repairs etc)?
- a. not selected
 - b. never
 - c. occasionally
 - d. sometimes
 - e. often
 - f. all the time
 - g. not applicable
7. How often has your start and finishing times impacted on your work-life balance in the past 12 months?
- a. not selected
 - b. never
 - c. occasionally
 - d. sometimes
 - e. often
 - f. all the time
 - g. not applicable
8. How often has working extra hours to get a job done impacted on your work-life balance in the past 12 months?
- a. not selected
 - b. never
 - c. occasionally
 - d. sometimes
 - e. often
 - f. all the time
 - g. not applicable
9. How often has not having a choice about shifts or rosters you work impacted on your work-life balance in the past 12 months?
- a. not selected
 - b. never
 - c. occasionally
 - d. sometimes
 - e. often
 - f. all the time
 - g. not applicable
10. Overall, I am happy with my work-life balance.
- a. yes
 - b. no