



**Survey to evaluate the implementation of the initiative:**

***Make kindness contagious!***

**Objective:** This survey aims to measure the level of awareness about the needs of kindness at work and its possible benefits at the workplace.

**Instructions:** This is a self-administered survey. Please read each question and mark with an “X” the answer you feel fits best. Please give us your opinions in written when requested.

Your input to improve this initiative is very important!

**Thanks in advance for your participation! SDE/PAHO**

1. In your opinion, how would you rate the overall health initiative: “Make Kindness Contagious”?

Excellent	
Good	
Fair	
Poor	

2. How important was face-to-face communication to disseminate the message of this initiative?

Very important	
Fairly important	
Not important	
Do not know	

3. How useful/effective were the following activities implemented and conveyed to make kindness a habit at the work place?

	Not effective	Little effective	Mildly effective	Very effective
Postcards	1	2	3	4
Magnets	1	2	3	4
Contest	1	2	3	4
Social Media	1	2	3	4
E-Material available	1	2	3	4

4. Were you able to apply one or several of “*The dozen recommendations about kindness at work*”... to your daily life?

Yes		No	
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4a. Please mark which were the ones you practiced the most:

1		7	
2		8	
3		9	
4		10	
5		11	
6		12	

4b. If you answered yes, are you still doing so?

Yes		No	
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5. Did your daily life changed with:

	YES	NO
Kind practices		
Communication improvement		
Closer relationships with colleagues/peers		
More dialogue with colleagues/peers		
Building respectful environments		

6. Do you have any suggestion(s) to make kindness contagious? Please share them with us!

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*Thank you for completing this survey. Your participation is greatly appreciated!*

