# WorkLife Balance

1. What is your role in the company?

- [ ] Executive/Senior Management

- [ ] Manager

- [ ] Staff/Employee

- [ ] Intern

- [ ] Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. How long have you been with the company?

- [ ] Less than 1 year

- [ ] 1-3 years

- [ ] 3-5 years

- [ ] 5-10 years

- [ ] More than 10 years

4. Do you feel that you have enough time to attend to personal and family matters outside of work hours?

- [ ] Yes, always

- [ ] Yes, most of the time

- [ ] Sometimes

- [ ] Rarely

- [ ] No, never

5. Have you ever felt pressured to work outside of regular work hours (e.g., evenings, weekends)?

- [ ] Yes, frequently

- [ ] Yes, occasionally

- [ ] No, never

6. Does your manager/team support your efforts to maintain a healthy work-life balance?

- [ ] Yes, completely

- [ ] Yes, to some extent

- [ ] No, not really

- [ ] No, not at all

7. What changes or improvements would you suggest to enhance work-life balance within the company?

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8. How can the company better support employees in achieving a healthy work-life balance?

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9. Any additional comments or suggestions regarding work-life balance?

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