

SELF-ASSESSMENTS IN TEAMS: HOW DO THEY WORK?

The team chooses the topics to be explored

Choice of tests with the team

<ul style="list-style-type: none"> - Burnout - Anxiety - Depression - Fatigue 	<ul style="list-style-type: none"> - Sleepiness - Consumption - Cyberaddiction - Workaholism 	<ul style="list-style-type: none"> - Harassment - Social life, leisure, sports, etc.
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Team representative, Survey code,
Charter of commitment

Subsequent re-assessment		1-Self-assessments taken anonymously		
5-Corrective measures implemented within the team (subsequent re-evaluation)		TEAM CPD (Continuous Professional Development)		2-Representative transmits results to the team
Work organization	4-Devise a plan of action (workplace organization)		3-Mutual reflection on the possible causes (organizational and systemic)	
TEAM MEETINGS			Organizational and systemic	

TEAM MEETINGS

DOCUMENT DATABASE AT WWW.CFAR.ORG (Workplace health tab)	OUTSIDE RESOURCES
<ul style="list-style-type: none"> - articles, - online biblio, - experiences, - fact sheets 	<ul style="list-style-type: none"> - ergonomist, - occupational physician, - addiction specialist, - occupational psychologist, - unions