

**ASSESSMENT # 1**

**Total Marks: 30**

**Answer the following questions:**

**Q: 1:** Short Questions (15)

- I. How would you create a workplace wellness committee?
- II. Define workplace organisation culture.
- III. Outline the different aspects included in the elements of organisational culture.
- IV. Describe the ICE Method.
- V. When is a wellness program inappropriate?

**Q: 2:** Discuss the benefits of workplace wellness programs. (7)

**Q: 3:** Describe the GO-PARSE model for effective reading. (8)