

ASSESSMENT # 21**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. Describe the ICE Method.
 - IV. When is a wellness program inappropriate?
 - V. How would you engage employees in a workplace wellness program?
 - VI. What are the typical measurements included in the statistics of a workplace wellness program?
- Q: 2:** Discuss the benefits of workplace wellness programs. (5)
- Q: 3:** Describe the GO-PARSE model for effective reading. (5)
- Q: 4:** Discuss the means of implementing a workplace wellness program. (5)