

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)