Revival Pulse

FREE GUIDE · FOR HR & PEOPLE LEADS

WHY DECEMBER MATTERS

You can't plan 2027 for a team you're guessing about.

A short guide for HR and People leads on the Wellness Audit.

> **Everyone says they're fine.**
> The Christmas party or the 1:1s tell a different story.

> **You're stretched too.**
> Year-end deadlines, cover, rotas and budgets keep pushing a proper check-in back.

> **January gets planned on gut feel.**
> Plans and budgets get set without real input from the team.

> **Quiet is hard to read.**
> Is the team settled, or has it switched off?

> **You want to do right by them, without prying.**
> People need a way to be honest without being put on the spot.

Different teams feel it in different ways. The way to know how yours feels is to ask.

Ask them. Anonymously. Before the year ends.

This is how easy it is

1. **Book online.**
2. **Send one link to your team.**
3. **Once 5 people have answered, your report opens, with the strengths, the pressures and what to focus on going into January.**

What the audit asks about

30 short questions, including 2 optional comments.

- Energy
- Focus
- Motivation
- Stress
- Discomfort and strain
- Work environment and recovery

What you get

- **A printable team report** across the six areas.
- **Suggested next steps** to talk through as you plan for January.
- **Comment themes,** shown only when 5 or more people have commented, never word for word.
- **A ready-made message and a staff one-pager** to help you send it.

No one sees how any one person answered.
Team-level results only.

Nothing shows until 5 people have responded.
Then your report opens.

Designed so people can answer honestly.
Without anyone being put on the spot.

Book your Wellness Audit by Friday 18 December

Priced by team size. Questions? team@revivalpulse.co.uk

revivalpulse.co.uk/book-audit

18 December is the last day to book, not the day responses close. The team link stays open until every paid place is used.

Revival Pulse is a wellbeing tool, not a medical service.

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