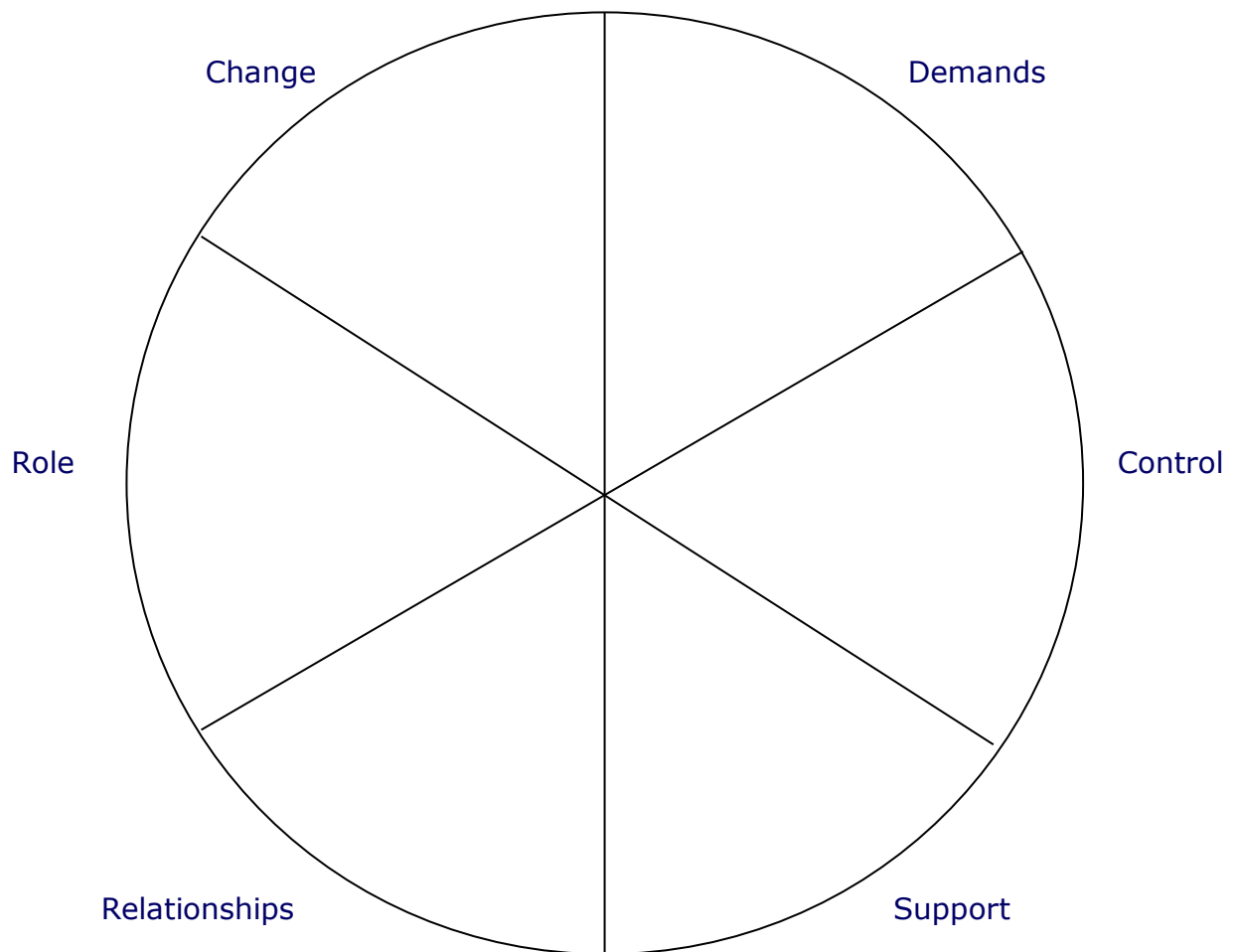


Management Standards - Pressure Wheel



Directions: Score your perceived level of pressure for each of the above labelled standards, using the scale of 0 to 10. 0 being poor (i.e. excessive pressure) and 10 being ideal (pressure not stress). Identify areas you wish to improve. Determine what actions you will take to improve your scores.

Demands: Issues such as workload, work patterns, and the work environment.

Control: How much say an employee has in the way they do their work.

Support: Includes the encouragement, sponsorship and resources provided by the organisation, line management and colleagues

Relationships: Includes promoting positive working to avoid conflict and dealing with unacceptable behaviour.

Role: Whether people understand their role within the organisation and whether the organisation ensures that the person does not have conflicting roles.

Change: How organisational change (large or small) is managed and communicated in the organisation.