DAILYPULSE FAQ

celpax

Together we can improve our workplace

What is the DailyPulse?

The DailyPulse^{TM} is an easy way for you to give daily feedback to your company at the exit door. The whole team can instantly get a sense of the mood in your organization.

How does it work?

1. Press **Green** or **Red** on the DailyPulse responding to the question *How was your day?*
2. After you've pressed, the red and green lights show the proportional results from your colleagues who participated in the past 24 hours.

DailyPulse sends the data to celpax.com where everyone can sign up to check the results.

Why measure anyway?

We can only improve what we measure! Building a great workplace takes time and dedication. DailyPulse help us track our "sentiment" or mood just like a pulse meter helps athletes track their physical form.

We're starting this with the idea that by everyone expressing how their day went, we can improve the workplace altogether. DailyPulse^{TM} allows us to measure if our team is moving in the right direction. Measuring allows us to try new initiatives, make changes and quickly see whether they work or not based on your feedback. We can't do this without you!

And what about the results?

At celpax.com you can register to see the results. The result shows the percentage that pressed green vs. % red. It also shows the number of pulses. We will continuously share the full results with all of you.

The most interesting part is the long-term evolution, has our mood gone down or up compared to the previous month or quarter? This will help us spot early signals when you think something might need attention. In the results we can also see if we one day have a lot of green or red in comparison to a "typical" day.

Will the company or my coworkers know how I voted?

Nope. DailyPulse is completely anonymous.

Is this voluntarily?

Absolutely! However, it is helpful to contribute and let your team know how your days go. Keep in mind that we can only improve what we measure. The important thing is that you are truthful when voting. You help build a better workplace by doing so!

In fact, there are three metrics: Red, Green and None. Team members not willing to give feedback are, in a way, also sending a fairly valid message to their coworkers…

How can DailyPulse help me?

By starting a habit to give feedback upon how your day went, you automatically start reflecting over things that might lead to an improved work situation. I.e. do you tend to press more green at the beginning of the week? Or what if you press Red three days in a row? What can you do to change this pattern? Or who do you need to talk to?

By observing your reactions, you can change your behavior and actions so you get more "green" workdays. You can also become a better colleague by trying to be more helpful when the trend turns red, and help finding answers and solutions to improve your workplace.

How can I tell you why I pressed green/red?

Talk to your team and/or your manager, send an email, leave an anonymous note, discuss it with your colleagues, let everyone know during All-Staff meetings… we'd **love** to hear your feedback.