Employee Playbook

Making Your Voice Heard (Safely) with MoodInsights

We know that speaking up at work can sometimes feel intimidating. You might worry about being the “complainer,” or perhaps you just don't find the right moment to bring up how you're feeling.

MoodInsights was adopted to solve that problem. It is your direct, **anonymous** line to leadership to influence your team culture.

Why Should You Use It?

It is Truly Anonymous

This is not a surveillance tool. Your individual responses are aggregated (combined) with others. Your manager sees trends (e.g., “70% of the team is feeling stressed about X”), not names. This ensures you can be honest without fear of judgment.

It Takes Seconds

We know you are busy. MoodInsights is designed to be a “pulse check,” not a survey. It’s a quick way to log your work sentiment and get back to your day.

It Drives Real Change

Managers can’t fix what they don’t know about.

- **Loving a new initiative?** Logging it helps your manager understand what motivates the team.
- **Feeling burnout?** Logging it helps your manager see that adjustments need to be made.

When to Use MoodInsights

Thriving
When you are feeling "in the zone," or the team crushes a goal.

Good and Steady
You're making progress, your workload feels manageable, and you are generally content with how things are going.

Struggling
When you hit a roadblock, feel burnout, or are confused about a project's direction. It's an early warning signal that you need support.

Frustrated
When you're feeling severely blocked, unheard, or overwhelmed. This tells management that immediate attention is needed to fix the team environment.