IP BEST PRACTICES

(Monthly) Pulse Checks

A best practice shared by InspiringPeople.

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(Monthly) Pulse Checks

A pulse is a light, frequent read on the organization's mood — not scientific, but a genuine trend you can act on.

Key steps

Surveys are extensive and infrequent; a pulse is the opposite — quick, light, and great to run before a meeting of a larger group so they can work directly on the results. Since culture still gets dismissed as 'fluffy', a pulse helps keep the conversation fact-based.

Give people a simple, voluntary way to register how they feel — even something as simple as clicking a sun or a cloud icon whenever they want — and show the resulting 'weather overview' over time and per department to spark discussion.

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