

Leger

Report

The Sodexo logo features the word "sodexo" in a blue, lowercase, sans-serif font. A red swoosh underlines the letters "o" and "d", and a blue star is positioned above the "o".

Workplace Wellness Omnibus

Date: October 16, 2025



Methodology



Method

Canadian online survey via Leger's LEO panel, with n=891 Canadian residents aged 18+, who are employed.

When

In field from October 10th to October 12th, 2025, inclusive.

Margin of error

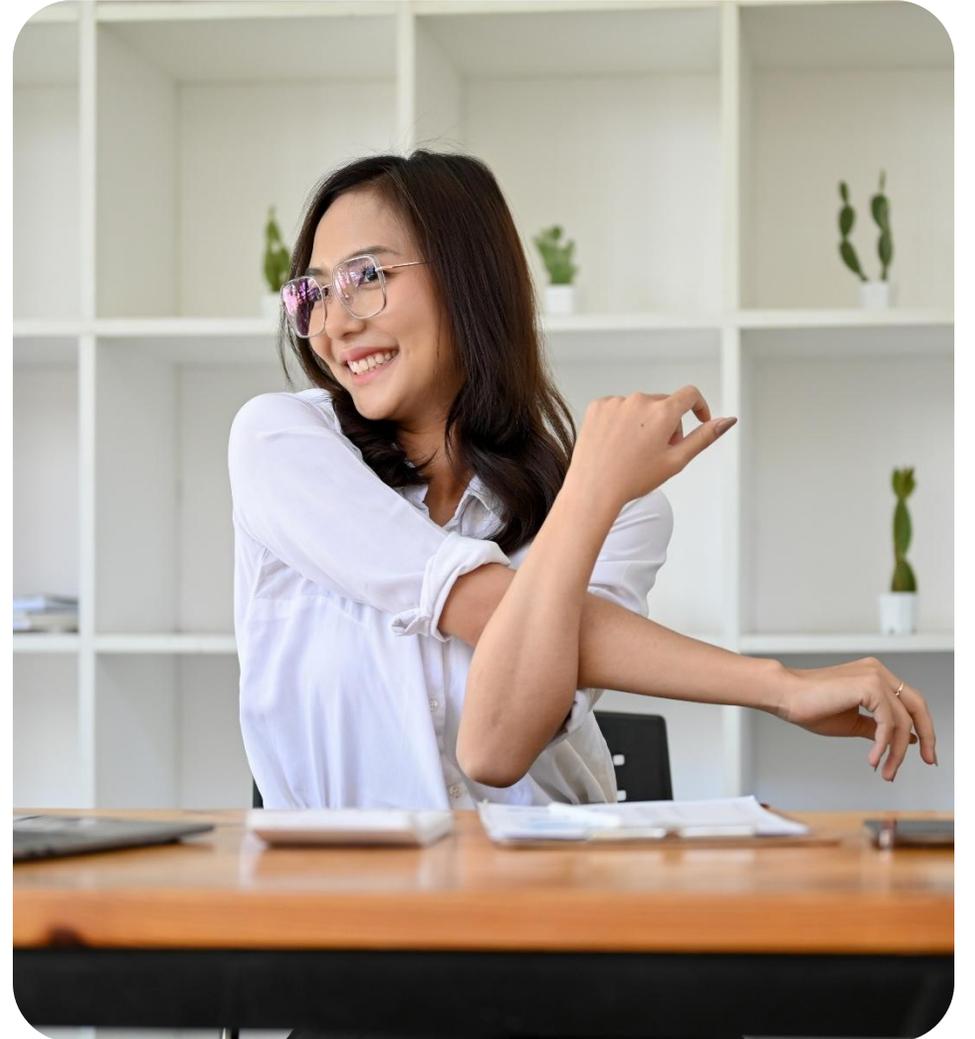
For comparison purposes, a probability sample of n=891 yields a margin of error no greater than $\pm 3.3\%$, (19 times out of 20).

Weighting

Incidence weighting was completed by gender, age, region, education, and language, based on Statistics Canada data.

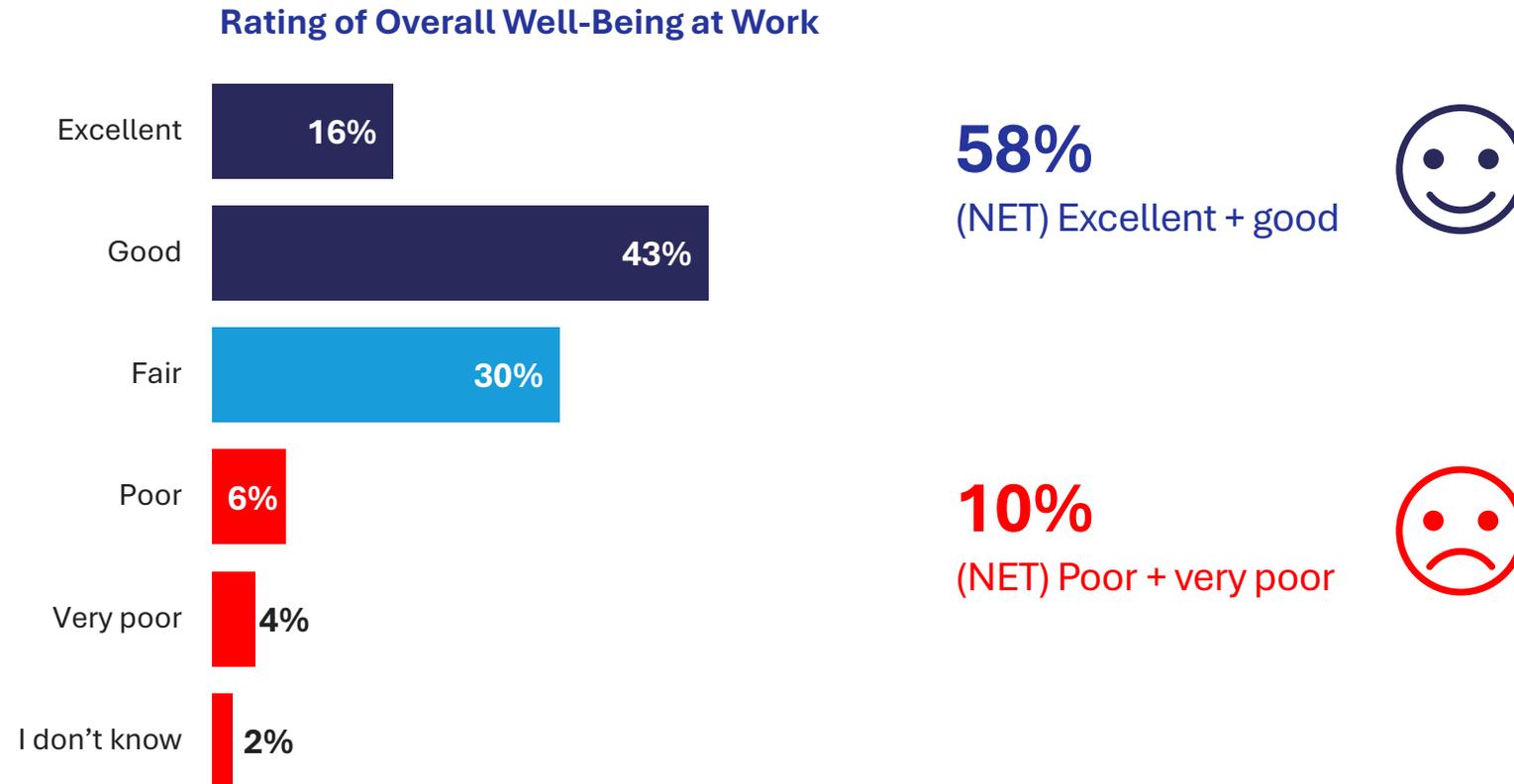
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Detailed Results



Most Canadians feel positively about their well-being at work, with 58% rating their physical and mental health as good or excellent.

However, 3 in 10 describe their overall well-being as fair, while 1 in 10 report it as poor or very poor. Demographically, men are significantly more likely than women to rate their well-being as good or excellent (66% vs. 51%). Residents of Quebec stand out for higher well-being at work, with 21% rating their well-being as excellent compared to 14% in the rest of Canada.



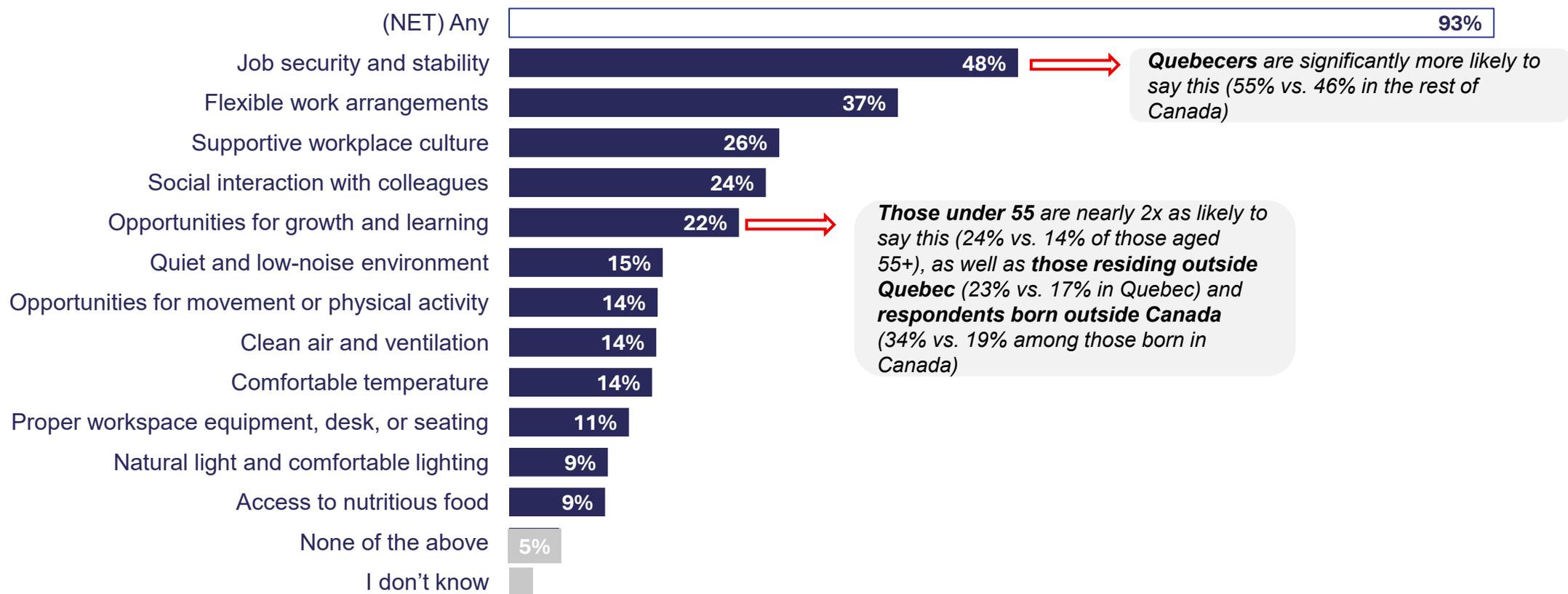
Q1. How would you rate your overall well-being at work, considering both your physical and mental health?

Base: All employed (n=891)

Half of respondents (48%) say job security and stability has the greatest positive impact on their health and productivity.

Over a third (37%) cite flexible work arrangements, while about a quarter highlight a supportive work culture (26%), social interaction with colleagues (24%), and opportunities for growing and learning (22%).

Top Workplace Drivers of Health and Productivity

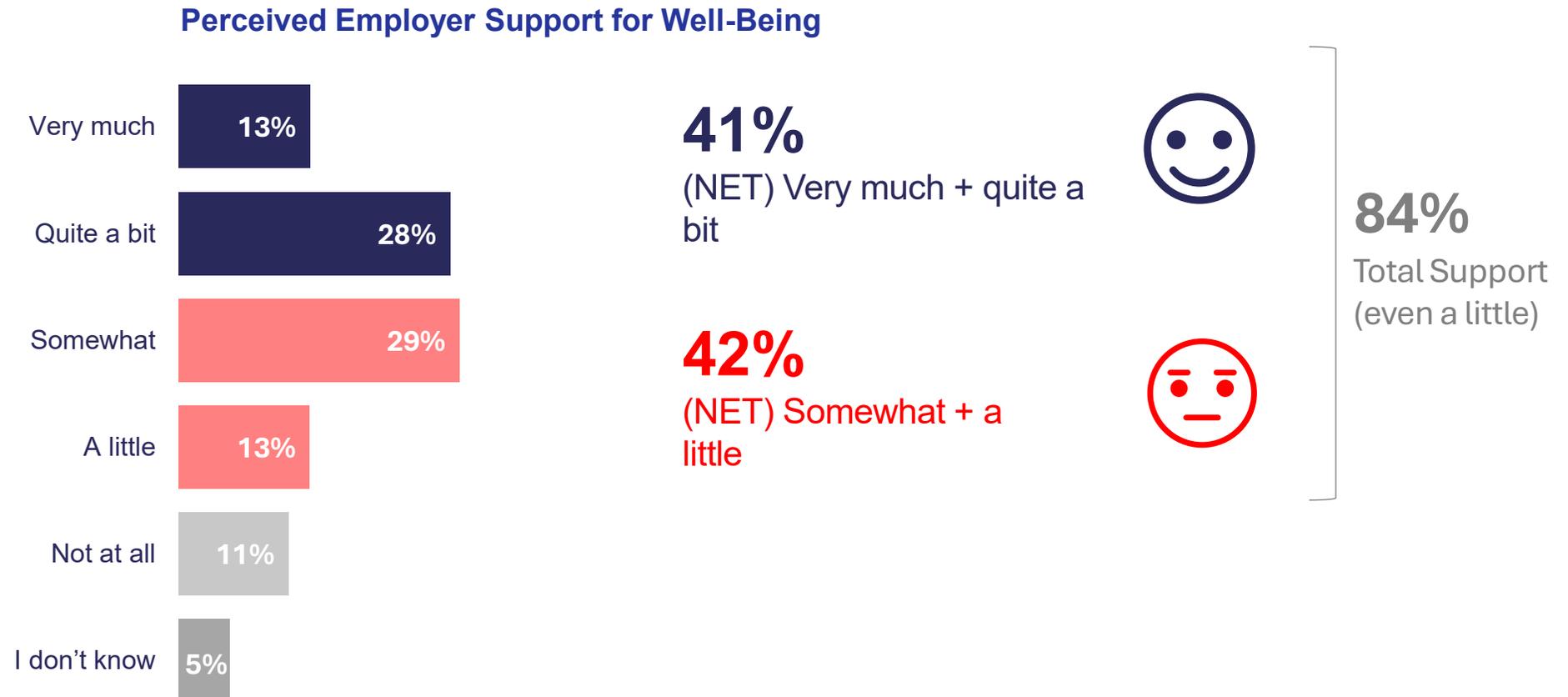


Q2. Which of the following workplace factors most positively impact your health and productivity?

Base: All employed (n=891)

A majority of respondents (84%) feel their employer supports their well-being through workplace design, services, or culture, with support split evenly between moderate and strong.

Only 1 in 10 say they don't feel *any* support from their employer. Demographically, those under 55 are significantly more likely to report feeling *strong* support ('very much' or 'quite a bit') compared to those 55 and older (44% vs. 33%).



Q3. To what extent do you feel your employer actively supports your well-being through workplace design and set-up, services, or culture?

Base: All employed (n=891)