

**Evaluate Your Employee Benefits**

Instructions:

1. For each perk, determine and check the box if it exists in your current position. If you are unsure, do some checking to find out.
2. Determine if the perk is of value to you.
  - a. If it is and you have it, make sure that you check the box if you will keep that at your next organization.
  - b. If it is and you do not have it, consider seeking roles that provide it.
3. Try to put an annual dollar amount to the perk.
  - a. Some items have a clear dollar amount; some might be variable estimations.
  - b. Some may be about time – like commuting – what is your time worth?
4. There is no right dollar amount to determine if you should stay or if you should go. It is valuable to know the benefit/cost – in dollars, time, wellness – when evaluating your current position or your next one.

Benefits	Yes, I currently have this	No, I do not have this	Is it of value to me?	Estimated annual value in \$\$\$
My organization provides a clear path for me to advance in my career				
My organization provides me with a free cell phone or internet or computer				
My organization provides free training and development to refresh or build my skills, and it takes place during my regular work day				
My organization provides free tuition/reimbursed tuition for myself and even my immediate family				
My organization allows me to choose my work option: remote work, onsite work, or a hybrid				
My organization provides a stipend to set up my home office				
I do not have to travel for my job				
My organization provides financial bonuses to all employees when it does well financially				
My organization provides perks like free tickets for sporting events or music or theater performances				
My organization provides free clothing and uniforms and/or free cleaning of work attire				
My organization has family-friendly practices – such as I can arrive late or leave early to accommodate daycare drop off and pick up, or it provides more paid maternity/paternity leave than required				

Benefits	Yes, I currently have this	No, I do not have this	Is it of value to me?	Estimated annual value in \$\$\$
My company provides matching funds for my retirement contributions				
I have additional job security in the form of a union or tenure				
My organization provides transportation money that I can use for gas, parking, or mass transit fees				
My organization promote regular social interaction with coworkers as part of team building and collaboration efforts				
My organization provides full individual health and dental insurance or maybe covers my family as well				
My organization provides stock or share matching				
My organization provides a car or mileage for work-related travel				
My organization allows me to accumulate travel points related to work and use them for personal trips				
My organization regularly adjusts pay for cost of living increases and inflation				
My organization provides daycare on site or provides money for me to select my own				
My organization provides coffee, soda, water and/or other beverages				
My organization often provides snack food or lunches				
My organization provides free access to a fitness center and wellness classes or provides money for me to select my own				
My organization allows me to accept gifts from clients and vendors - such as dinner, or a round of golf, or expensive alcohol				
My organization pays a per diem for room and board or a stipend for moving expenses if I need to relocate				

Estimated Total Value	\$
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