

# PSYCHOLOGICAL SAFETY

**1) EQUAL AIR TIME** — Each person gets to speak up and talk for approximately the same amount of time.

How well do we do this now?



What can I do to promote equal air time?

**2) PAY ATTENTION** — Each person is sensitive to the tone of voice, expressions, and nonverbal cues of others.

How well do we do this now?



What can I do to pay more attention?

**3) CURIOSITY, NOT JUDGEMENT** — No matter what others say, each person responds with curiosity and without judgment.

How well do we do this now?



How can I respond with more curiosity?

**4) SHARE YOUR MISTAKES** — Each person strives to openly share mistakes, challenges, and learning experiences with the group.

How well do we do this now?



How can I share my mistakes and learning experiences?