

A culture of learning

It is safe to share information, ask for help and experimenting with new ideas/approaches.

Safe to speak up

Team members feel they can speak up, offer ideas, and ask questions without fear of being punished or embarrassed.

Support of the team

Support from colleagues and a clear understanding of job responsibilities can also help to cultivate psychological safety.

WHAT'S THE DIFF? Trust and Psychological Safety

Psychological safety is the belief that your environment is safe for interpersonal risk-taking. It's similar, but slightly different from, trust.



PSYCHOLOGICAL SAFETY

Will **OTHERS** give you the benefit of the doubt when you take a risk?

Will **YOU** give others the benefit of the doubt when you take a risk?



"Bob is probably going to freak out if I disagree with him."

"My team expects me to speak up. It's how we do things." Psychological safety exists when you're *not afraid to...*

Be YourselfTake RisksMake MistakesRaise ProblemsAsk QuestionsDisagree

...respecting a code of conduct.

Want to learn more?

Look for a copy of Amy's book anywhere fine books are available to Curious minds.