

## Psychological safety: Some essential learning resources

To help you build a psychologically safe environment within your teams, you need to help create spaces where everyone feels safe to share ideas, take risks, and collaborate effectively. Review the following resources, which contain useful strategies for building psychological safety:

[What is psychological safety?](#) – This McKinsey & Company article explains the concept of psychological safety and its importance in enabling individuals to perform their best at work, school, and home.

[Fixing a toxic work culture: How to encourage active bystanders](#) – In this MIT Sloan article, Tom Relihan discusses the critical role of employees as active bystanders in reducing harmful workplace behaviors.

[Embracing Failure: How to Make Mistakes That Work](#) – In this Stanford Business article, Matt Abrahams and Amy C. Edmonson explain how to build a workplace culture that encourages all employees to feel safe to express themselves.

[Psychological Safety First: Building Trust Among Teams](#) – This Slack article explores obstacles to psychological safety and tips for how to cultivate it within teams.

[6 Behaviors That Build Psychological Safety and Trust at Work](#) – In this Traliant blog post, Mak Hudson outlines six practices that team members can adopt to create a more psychologically safe workplace.