REMOTE PSYCHOLOGICAL SAFETY
CHECKLIST

1: Set the stage. Be open about the challenge.

2: Make sure everyone knows what to do.

3: Focus on outcomes, not outputs.

4: Build a culture of appreciation.

5: Embrace routine and ritual.

6: Establish work boundaries.

7: Use the many species of video call.

8: Be actively inclusive, or risk being passively exclusive.

9: Adopt Hanlon's razor.

10: Put your own oxygen mask on first.

PSYCHOLOGICAL SAFETY | ACTION PACK