

# ABCs OF PSYCHOLOGICAL SAFETY

**A**

## Acceptance

Promote inclusivity and celebrate differences

**B**

## Belonging

Encourage team bonding and value each member

**C**

## Clarity

Foster clear, open communication

**D**

## Diversity

Value different backgrounds and perspectives

**E**

## Empathy

Practice active listening and show concern

**F**

## Freedom

Allow autonomy and freedom of expression

**G**

## Growth

Provide opportunities for development

**H**

## Honesty

Uphold transparent and truthful interactions

**I**

## Inclusivity

Ensure everyone feels valued and included

**J**

## Justice

Offer fair treatment and equal opportunities

**K**

## Kindness

Show compassion and understanding

**L**

## Listening

Value others' input through active listening

**M**

## Mindful

Encourage awareness and consideration of others

**N**

## Neutral

Avoid assumptions and biases

**O**

## Openness

Be receptive to new ideas and feedback

**P**

## Peaceful

Support mental well-being and harmony

**Q**

## Quality

Ensure meaningful, respectful interactions

**R**

## Respect

Value each individual and their contributions

**S**

## Safety

Ensure a physically and emotionally safe environment

**T**

## Trust

Build confidence in team relationships

**U**

## Unity

Foster a sense of understanding and togetherness

**V**

## Validation

Recognize and affirm employees' feelings

**W**

## Welcoming

Create a warm and inviting atmosphere

**X**

## eXtra

Go beyond basic expectations to support colleagues

**Y**

## Yielding

Be flexible to team needs and changes

**Z**

## Zeal

Encourage enthusiasm and engagement in work

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**"A TEAM IS NOT A GROUP OF PEOPLE WHO WORK TOGETHER. A TEAM IS A GROUP OF PEOPLE WHO TRUST EACH OTHER."**

— SIMON SINEK

