

### **Psychological Safety Reflective exercise:**

Imagine you were to deliver the below short psychological safety survey with your team. You are not expected to deliver this survey as part of this session – this is for reflection at this point in the program.

As you reflect on the survey questions ask yourself:  
How comfortable would you feel having your team complete this survey?  
How do you think your team would feel in general?  
What worries you about the survey?

### **Psychological Safety Survey Questions:**

Team members are asked how strongly they agreed or disagreed with these statements:

1. If I make a mistake in this team, it is held against me.
2. Members of this team are able to bring up problems and tough issues.
3. People on this team sometimes reject others for being different.
4. It is safe to take a risk in this team.
5. It is difficult to ask other members of this team for help.
6. No one on this team would deliberately act in a way that undermines my efforts.
7. Working with members of this team, my unique skills and talents are valued and utilized.