



Hot Sheet

# THE RECIPE FOR PSYCHOLOGICAL SAFETY

*Cohesion*

## THE FIVE INGREDIENTS FOR PSYCHOLOGICAL SAFETY

### INGREDIENTS



KNOW



RESPECT



VALUE



RISK



TRUST

### DIRECTIONS

1. **Know:** because we feel more comfortable with people we know.
2. **Respect:** the key to recognizing and appreciating another's contributions.
3. **Value:** being willing to seek to understand other points-of views.
4. **Risk:** the willingness to be open to others when you don't know or understand yet.
5. **Trust:** what follows risking when a person consistently behaves with a respectful response to you.