



## Checklist on psychological contract and psychological safety at work:

1. Do you know how your team feels right now?
2. Do you encourage asking questions?
3. Do you create an environment to discuss difficult topics and problems?
4. Do you encourage the culture of learning and development?
5. When was the last time you discussed non-work-related topics with your team?

*If you have at least 1 NO answer, think of what you can do more or what you can implement in your practice to improve the sense of belonging in the team/company!*