

Can You Create Safe Spaces?

JUDGEMENT



Rushing To Mind-Read

Assuming the worst, leaping to conclusions, and failing to check our understanding.



Biting Your Tongue

Assuming learning is embarrassing, we avoid conversations and fix it ourselves.



Groaning & Moaning

Assuming others are incapable, we resort to complaining and rob others of growth.



Pointing The Finger

Assuming others are to blame, we overly focus on mistakes and shame people.

Slowing Down & Asking

Assuming the best, taking a breath and asking questions to better understand.



Offering Support

Assuming learning is helpful, we speak up and offer our support to assist.



Daring & Sharing

Assuming everyone is capable, we spark a clear and kind conversation to enable growth.



Sitting In Responsibility

Assuming we share responsibility, we create a safe space for each of us to be accountable.



CURIOSITY

Think about your interactions with others:

When you feel unsafe with others, what is your 'go-to' judgement behavior/s?

When you feel safe with others, what is your 'go-to' curiosity behavior/s?

Is there a curiosity behavior you'd most like to practice reaching for more readily? How could you nudge yourself towards this behavior when you're feeling unsafe with others?