

REMOTE PSYCHOLOGICAL SAFETY CHECKLIST



Set the stage. Be open about the challenge.



Make sure everyone knows what to do.



Focus on outcomes, not on outputs.



Build a culture of appreciation.



Embrace routine and ritual.



Establish work boundaries.



Use the many species of video call.



Be actively inclusive, or risk being passively exclusive.



Adopt Hanlon's razor.



Put your own oxygen mask on first.

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