

What is one action you intend to take to be a psychologically healthy and safe leader and contribute to workplace mental health and resilience?

Regularly check in with direct reports

Be a better model of self-care

create the space/time to connect

I will try to set clearer expectations for my team members, and ask how they want to receive feedback and recognition.

Have an extended open-ended check-in with a direct report

I wish to be a deep listener, it is a complicated thing to do, with the constraints on engagement we typically have, but I will try my best.

Paying more attention to and investing more time into community/team agreements as means for transparency, equity and fairness.

Refrain from sending emails late at night - I will draft and send during regular work hours so staff don't feel compelled to work beyond their regular work hours.

Display a willingness to share when I have personally struggled with workplace mental health and resilience

What is one action you intend to take to be a psychologically healthy and safe leader and contribute to workplace mental health and resilience?

Create opportunities for both formal and informal connection

Ensure transition back to in-person working is done gradually, safely, and ensures each individual feels supported and their own concerns about returning can be met.

open door policy, keep close connect with team members