

# WELCOME BUNDLE

## The Habits Playbook

### For Creating Psychologically Safe & Inclusive Teams

This habit playbook has been created to support all employees and leaders to consider how their behaviour directly influences other employees' experience. We all play a role, regardless of our title or position, in promoting and protecting our team members and colleagues mental health.

- Watch **The Habits Playbook for Creating Psychologically Safe & Inclusive Teams** video.
- Complete the **Self-Assessment of the 7 Must Habits that Contribute to Psychologically Safe & Inclusive Teams**
- Read the **Seven Must Habits Required by All Employees to Create Psychologically Safe & Inclusive Teams** document.
- Review the **Coaching Tips for Developing New Habits** infographic.
- Complete the **Weekly Seven Required by All Employees to Create Psychologically Safe & Inclusive Teams.**
- Additional resources to expand your intrapersonal & interpersonal habits maturity and impact.
  - **A Review of Daily Habits that Support Psychologically Safe & Inclusive Teams**
  - **Audio Recording** of the review.

