

# Check-List Emotional Safe Environment



Evaluate your present personal experience with an Emotional Safe Environment

Your Name

## Characteristics of an Emotional Safe Environment

- People are respected and feel valued.
- People can truly be themselves without the risk of judgement.
- People can show their weaknesses without being taken advantage of.
- People can share boldly and express themselves freely.
- People feel seen, heard, and understood.

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# Your Present Experience with Emotional Safety

“Emotional Safety describes an environment or working climate in which people feel comfortable and able to express themselves in an honest and authentic way, share concerns as well as admit mistakes - without any fear of shaming, retaliation or reprisals.”

Evaluate your personal experience (1 = low / negative experience - 5 = high / positive experience)		1	2	3	4	5
1.	I truly feel respected for who I am and can be certain that I would not be ridiculed or criticised behind my back.					
2.	I am able to freely trust others at work in a natural manner, without having to fear any hierarchy or competition.					
3.	I feel comfortable and safe to express my honest emotions and concerns with my peers, manager and others.					
4.	I can openly talk about my inner thoughts and struggles and I am confident that I would be heard and understood.					
5.	It is possible to talk about a serious doubt or concern, without the subject being brushed aside immediately.					
Add here your ratings for your total score on Emotional Safety						
5 – 11 points = <b>low sense</b>   12 – 18 points = <b>medium sense</b>   19 - 25 points = <b>high sense</b>						

Write here your personal comments on the topics:

1. **Respected** for who I am
2. Freely **trust others**
3. Expressing **emotions and concerns**
4. Talk about **inner thoughts and weaknesses**
5. Expressing serious **doubts and concerns**

This Check-List is part of our online course  
 “Developing a Leadership Mindset”.  
 More info

