

SEE CARE SHARE WEEK 2023

TUESDAY ACTIVITY - CIRCLE OF SAFETY

The Circle of Safety

The Circle of Safety helps us to identify what makes us feel safe or unsafe in the workplace and forms part of the first stage of Psychological Safety: **Inclusion Safety**.

Instructions:

Think about what factors make you feel physically and emotionally safe at work and write these down inside the circle below. Then also think about what factors make you feel unsafe at work and write these outside of the circle. We should continue to make sure that all the things within the circle are maintained within our workplace and we should work hard to keep what is outside of the circle out. Feeling both physically and emotionally safe at work is essential to having a truly Interdependent Safety Culture.



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