



Contribution ID: 310

Type: not specified

Tips and Strategies for Reducing Stress and Burnout by Creating Psychological Safety

Wednesday, 15 November 2023 11:30 (45 minutes)

In today's hybrid computing and work environments, many challenges make it difficult to collaborate, communicate and feel a sense of belonging as a team-member. It can become increasingly difficult to develop trust and teamwork in these environments which impact innovation and productivity. Creating psychological safety can be helpful when embracing strategies that reduce stress and burnout. Learn strategies that build trust, support for team members; leverage collaborative language; demonstrate understanding and empathy and self-awareness.

Primary author: Dr CHANCE, Gloria

Presenters: Dr CHANCE, Gloria; KHAN, Shuah (The Linux Foundation)

Session Classification: Kernel Summit