

it's ok to...

- ask what acronyms mean
- ask 'Why?'
- offer feedback on other people's work
- share work in progress
- ask for help
- slow down to think
- ask management to fix it
- not be the most opinionated in the room
- say 'No' when you're busy
- say 'I don't know'
- forget to come off mute
- make a decision
- ask for more time to make a decision
- say that you were wrong
- celebrate successes
- walk and talk
- not think about work on holiday
- have a child, cat or dog interrupt a call
- take some time to understand
- speak up for yourself
- take breaks
- not answer messages during meetings
- not check work messages out of hours
- ask what the purpose of a meeting is
- decline meeting invites
- turn the camera off
- focus on key goals and let other things drop
- not have all the answers
- speak last
- take time out for training
- take time out for reflecting
- be open about how you're feeling
- not be ok
- be proud of working for the NHS
- admit the challenges