LifeCheck Culture Map

A safe and enjoyable work environment where you can assert your boundaries

How do you determine your boundaries?

Behaviour is considered undesirable when:

- You feel **uncomfortable** or **unsafe**
- It causes you **stress**, **tension**, or **anxiety**
- You notice that you **change** your behaviour to avoid certain situations
- Comments, jokes, or actions feel **too personal** or **intimidating**
- You feel like you cannot be **yourself**
- There is **sexually** transgressive behaviour

What is considered undesirable behaviour?

Undesirable behaviour refers to negative impact experienced by someone. Examples include:

- **Bullying** or **gossiping**
- **Intimidation** (verbal, physical, or digital)
- Sexually **transgressive** behaviour
- **Discrimination** or **exclusion**
- **Aggression** or **threats**

How can you speak up?

1. Reflect on what happened. What made it uncomfortable?
2. State your boundary if it feels safe: "I didn't feel comfortable with that comment."
3. Seek support from a colleague or supervisor
4. Contact the confidential counsellor for advice, a listening ear, or guidance on next steps

How a confidential counsellor can Help

The LifeCheck confidential counsellor provides support with:

Doubts: "Am I overreacting?"

Situations where you feel **unsafe** or **excluded**

Boundary-crossing **comments**, **behaviour**, or **repeated tensions**

Exploring options: speaking up, reporting, mediating, or reflecting

What is a safe work culture?

A safe work culture means that you:

- Can be **yourself**
- **Dare** to **share** your ideas
- Can discuss mistakes **without fear** of consequences
- Experience **respectful** communication
- Feel **heard** and **valued**

Your boundaries are personal, you decide what they are!

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Confidential Counsellor via LifeCheck

Meet Chantal, the confidential counsellor from LifeCheck. Click on the video below.

