**Personal culture contribution checklist**

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| Tick any of the below you have done in the last 2 months |  |
| Ignored a colleague when they came into the coffee room |  |
| Criticised a colleague's clinical care to someone else |  |
| Criticised a colleague in front of a woman/patient/family |  |
| Left mess for others to clear up |  |
| Made a colleague l augh at the expense of another member of the team |  |
| Gossiped about a colleague |  |
| Only raised objections and negatives when someone was suggesting a potential change |  |
| Joined in with a colleague who was talking about someone negatively |  |
| Ignored seeing a colleague belittle, bully, shout or undermine another colleague |  |
| Shown favouritism to my friend on shift when allocating work |  |
| Expected a newly qualified or new member of staff to be able to work independently |  |
| Rolled my eyes when I didn't like what someone had said |  |
| Talked over a colleague at handover or during other work conversation |  |
| Backed a colleague (including a manager) publicly who had an idea that I thought was good |  |
| Something else that I feel wasn't great |  |

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| **Tick any of the below you have done in the last 2 months** |  |
| Smiled and greeted a colleague even though I didn’t know them |  |
| Introduced myself to a colleague who I don't know |  |
| Thanked anyone who helped me in some way -even if they were just doing their job |  |
| Thanked or complimented a colleague at the end of a shift for something they did that shift |  |
| Washed up other people's mugs or cleaned up a mess made by someone else without complaining to anyone |  |
| Made a colleague laugh |  |
| Reached out to a colleague who seemed upset or not themselves, to offer them support |  |
| Made a positive suggestion about how to change things for the better |  |
| Challenged a colleague who was talking about someone negatively |  |
| Challenged a colleague who behaved inappropriately to a colleague / reported it to a manager |  |
| Made tea for my colleagues |  |
| Helped a colleague without being asked |  |
| Swapped a shift with someone when asked -without moaning to them or anyone else |  |
| Backed a colleague (including a manager) publicly who had an idea that I thought was good |  |