## HOW TO SUCCEED AT UNSTUCK LABS

We encourage: setting big goals, taking risks, listening to feedback, practicing radical candor, prioritizing self-care and self-development, collaborating, speaking your truth, listening, seeking consent, 'calling in' and not out, bringing your full self to work, lifting each other up, asking for help, and changing your mind & saying you were wrong.

We discourage: complacency, poor work ethic, shaming or judging others, harassing people or making harassing comments, any -splaining, defensiveness, making assumptions, putting yourself down, keeping silent if you are uncomfortable, gossiping, over-apologizing, and overworking yourself.

