



Psychological Safety

Psychological Safety – Training and Workshops

Psychological Safety acknowledges that mental health awareness alone is not sufficient to foster a holistic sense of well-being.

Promoting psychological safety within the workplace is not merely a means of checking a box; it is an ongoing commitment to fostering an inclusive and supportive culture that empowers employees. By integrating strategies that prioritise psychological safety, organisations can cultivate a workforce that feels valued, respected, and motivated to contribute their best to the collective success of the company.

Psychological safety is a culture. - we focus on three fundamental behaviours

- **Work is framed as a learning problem** not an execution problem. The outcome of the work should not exclusively be the output; it must also be learning how to do it better next time
- **Acknowledge fallibility.** By admitting when you make a mistake or don't know the answer, you allow others to do the same and enable a space where it is okay to ask for help.
- **Model curiosity and asking questions.** Stay curious, ask others what they think and allow others to contribute. Creating a culture where it is okay to speak up, okay to ask others

We provide training and workshops to help you Build Psychological Safety in your workplace

- **Ignite sessions** – where we introduce the concept and build enthusiasm for developing psychological safety in your organisation
- **Team workshops** – we introduce the subject to your team, take you through a number of exercises to understand and build psychological safety in the group
- **'train the trainer'** – we provide in-depth training of concepts, practices, workshops, baselining and measurement to enable them to lead training, workshops or complete organisation programmes.
- **Consult** – we can develop and lead a programme specific to your organisation leading it from baselining, through action planning to embedding psychological safety into your day-to-day operations

Find out more and
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