



COURSE DETAILS

Being a Psychologically Safe Leader

This workshop from Bailey & French is based on principles of emotional intelligence to build self-awareness, self-management and regulation techniques for leaders to positively role model psychologically safe practices and policies through everyday actions.



Through discussion and activities, leaders discuss situations where they have experienced psychologically safe work environments and explore effective skills that create safety for others to voice their opinions and address issues. The session also focuses on identifying opportunities to enhance psychological safety in the workplace and how to overcome potential barriers for feelings of safety to emerge.

This workshop also builds understanding about how demonstrating vulnerability as a leader helps develop trust and how transparency contributes towards building a psychologically safe environment.



Learning Outcomes

- Taking accountability to know and understand psychological health and safety and its importance for everyone at work.
- Improved awareness of how we impact our work environment as leaders through common touchpoints and processes.
- Identification of opportunities to improve how we lead psychologically safe teams.

	Virtual	Face-to-face
	60 mins	1.5 hours
	Up to 250 people	5 – 50 people

HUMANISING
THE WORLD
OF WORK

Contact:
info@baileyandfrench.com



COURSE DETAILS

Creating Psychologically Safe Environments

This workshop from Bailey & French builds on people's understanding and appreciation of the value of creating psychologically safe environments in teams and organisations.



The role of psychological safety in inclusive practice is only part of the story, as in some environments, it requires more bravery than safety. This workshop helps people develop strength and confidence in their unique values, helping people know when, and how, to lean into uncomfortable situations to show up for others.

Through collective discussion and activities, this workshop strengthens people's ability to be more self-aware and mindful of others in group scenarios. These exercises improve learners' abilities to develop more inclusive and safe environments where people feel safe to lean into.



Learning Outcomes

- Gain a greater understanding and appreciation of the components of psychologically safe working environments.
- Improve skills to build feelings of inclusivity within a team environment.
- Improve the ability to encourage contributions of all staff, enabling employee voice.
- Practice techniques to help step into uncomfortable scenarios, and lean on strengths and values to guide constructive behaviours.

	Virtual	Face-to-face
	60 mins	1.5 hours
	Up to 250 people	5 – 50 people

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WELLBEING &
RESILIENCE



COURSE DETAILS

Psychological Capital to Build Resilience

This workshop from Bailey & French helps people build their knowledge and understanding of psychological capital and how individuals and teams can proactively strengthen wellbeing and performance. It creates a safe space to develop skills in identifying and building resources that support a resilient approach to managing workloads, overcoming obstacles and navigating change.

People will also learn how to take confident, decisive action and achieve positive outcomes in challenging circumstances, both individually and collectively. The opportunity to strengthen connections and share learning with peers is a key aspect of this workshop.



Learning Outcomes

- Improved knowledge and understanding of psychological capital and how individuals and teams can proactively strengthen wellbeing and performance.
- Improved skills in identifying and building resources that support a resilient approach to managing workloads, overcoming obstacles and navigating change.
- Improved ability to take confident, decisive action to achieve positive outcomes in challenging circumstances, both individually and collectively.

Virtual

Face-to-face



60 mins

1.5 hours



Up to 250
people

5 – 50
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COURSE DETAILS

Increasing Psychological Flexibility

This pioneering workshop goes beyond resilience to help people develop skills in being more flexible continuously and dynamically. With the steady stream of change and turbulence affecting all organisations, that is set to continue and increase we need all people to be able to not just respond well but accept it in a whole new way.



Skill development will centre on key aspects of psychological flexibility: acceptance, values, curiosity, and self-awareness.

We will learn together how to anticipate, acknowledge and plan for changes continually affecting us and feel in control of what we can influence. We will explore evidence-based activities from Growth Mindset theory to help us retune our response to change as it occurs and minimise negative personal and team impacts. This extends to embracing and leading in complexity when we are more equipped and confident and creates a platform in teams for innovation and creativity.



Learning Outcomes

- Increased ability to recognise change as continuous and focus future forward to positive potential outcomes.
- Enhanced ability to keep working and moving forward despite a changing environment/context.
- Improved confidence to find ways to perform both personally and as a team through change.

	Virtual	Face-to-face
	60 mins	1.5 hours
	Up to 250 people	5 – 50 people

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