WELLBEING & RESILIENCE

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

Bailey & French.

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

HUMANISING THE WORLD OF WORK

Contact:

info@baileyandfrench.com

Bailey & French.