

WORKSHOP AGENDA

Psychological Safety

Create the conditions where your team can do their best work.



90 minutes · In person or virtual · Teams and open cohorts

A focused 90-minute session on what psychological safety is, why it matters, and how to build it. You understand what makes people hold back, identify the specific behaviours that build or erode safety in your team, and leave with practical actions you can take straight away.

— WHAT YOU LEAVE WITH

- Understand what psychological safety actually is, and why it has a greater impact on team performance than any other single factor the research has identified.
- Recognise the specific behaviours in your team that build safety, and the patterns that quietly erode it.
- A clear picture of where your team currently stands on psychological safety, and 2-3 specific actions to improve it.

— WHO IT'S FOR

Intact teams who want to understand where they stand and make it easier for people to speak up, and open-enrolment cohorts building the instinct to recognise psychological safety, or its absence, in their own context.

— AT A GLANCE

Psychological Safety 101	<i>What psychological safety is and why it matters.</i>	30 MIN
Safety Scenarios	<i>Realistic situations that build or erode safety.</i>	30 MIN
Safety Strategies	<i>Practical techniques for building psychological safety.</i>	30 MIN

the session

01

Psychological Safety 101

30 MIN

What psychological safety is and why it matters.

An interactive explainer that introduces participants to the concept of psychological safety, drawing on Google's Project Aristotle research to establish why it matters for team performance. Covers what psychological safety is, what it looks like in practice, and the specific behaviours that build or erode it.

02

Safety Scenarios

30 MIN

Realistic situations that build or erode safety.

Participants explore real-life situations that highlight psychological safety in the workplace, or the absence of it, and identify the behaviours and actions that build or erode it within teams.

03

Safety Strategies

30 MIN

Practical techniques for building psychological safety.

Participants learn practical techniques to build and maintain psychological safety within their teams, covering open communication, demonstrating empathy and encouraging vulnerability.

Let's talk.

Bring Psychological Safety to your team

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