

PSYCHOLOGICAL SAFETY



COURSE OVERVIEW

This course delves into the critical importance of creating a work environment where individuals feel safe to express themselves, take risks, and contribute their best ideas. Participants will explore the concept of psychological safety, its impact on team performance and innovation, and strategies for cultivating and maintaining it within their organizations. Through interactive discussions, case studies, and practical exercises, participants will gain a deep understanding of the factors that contribute to psychological safety and learn how to create a culture that promotes open communication, trust, and collaboration. By the end of the course, participants will possess the knowledge and skills to foster psychological safety, enhancing team dynamics, well-being, and overall organizational success.

LEARNING OBJECTIVES

- ✓ *Understand the concept of psychological safety and its significance in fostering a positive work environment.*
- ✓ *Identify the key elements and behaviors that contribute to psychological safety within a team or organization.*
- ✓ *Develop skills to create a supportive and non-judgmental environment where individuals feel comfortable expressing their ideas and concerns.*
- ✓ *Explore techniques for conflict resolution and managing difficult conversations in a psychologically safe manner.*
- ✓ *Develop strategies for overcoming barriers and challenges to creating and maintaining psychological safety.*
- ✓ *Learn how to provide constructive feedback and handle mistakes or failures in a way that promotes learning and growth.*
- ✓ *Understand the role of leaders in modeling and promoting psychological safety.*
- ✓ *Gain insights into building trust and establishing strong relationships within teams.*
- ✓ *Learn how to assess and measure psychological safety within teams and organizations.*