



Psychological Safety

This is the first half of day five in the Leadership series, designed to prepare organisational leaders to understand their roles, manage teams, use their time productively and manage stress in themselves and their staff.

This session helps participants to build psychologically healthy work environments and explores common conditions which damage mental and physical health and adversely affect workplace performance. It helps professionals recognise symptoms in themselves, their staff and colleagues and strategies for dealing with them.

What does this training cover?

- Creating psychologically healthy workplaces
- Recognising and dealing with stress
- Dealing with bullying and harassment
- Managing fatigue when working shifts
- Dealing with anxiety and depression
- Overcoming vicarious trauma

The Leadership Series includes the following sessions:

- **Day 1:** Understanding Leadership
- **Day 2:** Leading People Management
- **Day 3:** Self-Management
- **Day 4:** Key Business Skills
- **Day 5:** (Part 1) Psychological Safety; (Part 2) Developing Social Contracts

Who is this training for?

Managers, Supervisors, Coordinators, Project Managers and Team Leaders in social and community services, regional and local government organisations and small business.

9:15am-3:30pm

5 days \$750 per person or \$180 per day*

Morning tea and lunch provided

Group rates available

*(excludes GST)

SaraGunning.Training@gmail.com

0416 599 279

Training | Facilitation | Professional Development