



Psychological Safety and Self Care

ACCPA

About this program

Psychological safety is the absence of harm and/or threat to mental health and well-being that an employee might experience in the workplace. Self-care is a conscious act people take in order to promote their own physical, mental, and emotional health. Psychological safety can assist with self-care and well-being by creating a positive workplace culture that supports employees' needs, values, and strengths. A psychologically safe workplace can foster communication and collaboration, positive role-modelling, problem solving and conflict management, safety and security, fairness and integrity among employees. These factors can help employees feel respected and valued, empowered to perform at their best and contribute more effectively to the organisation's goals and client service outcomes.

This workshop will introduce you to the key principles of psychological safety, why they are important, and how they promote personal wellbeing and a positive workplace experience. You will learn how a psychologically safe workplace help you with learning and development, recognition and feedback, autonomy and flexibility, work-life balance, and feeling more confident and resilient. You will also discover simple tips and tools to help you better cope with usual stressors of life and work and improve your own personal sense of health and wellbeing.

Learning outcomes

- ✓ Understand the core attributes of psychological safety, why they are important and how they contribute to personal wellbeing
- ✓ What does the absence of psychological safety look like
- ✓ How to promote and support psychological safety
- ✓ Actionable steps to improve self-care and personal wellbeing

Target audience

Operational staff, service providers, team leaders and managers, senior staff, executive leaders

Program details

Date	10 May 2024
Time	2pm - 4pm AEST
Location	Online via Zoom