

CREATING PHYSICAL, EMOTIONAL & PSYCHOLOGICAL SAFETY

WORKSHOPS | TRAINING PROGRAMS | COACHING

# PSYCHOLOGICAL SAFETY FOUNDATIONS

***BUILD A CULTURE WHERE PEOPLE FEEL SAFE TO SPEAK UP,  
COLLABORATE, AND PERFORM AT THEIR BEST.***

***ONE-HOUR TEAM WORKSHOP***





FLAG ACADEMY

## Psychological safety is the cornerstone of a thriving organisation...



In today's workplaces, performance depends on more than skills and processes. It depends on whether people feel safe enough to contribute honestly without fear of judgment, reprisal, or humiliation.

This 1-hour foundation session gives your team practical tools to improve trust, communication, and collaboration — with results starting the very same day.

# WHAT YOUR TEAM WILL LEARN

## **Understanding Psychological Safety**

Clear, practical definitions of psychological safety and why it's the #1 driver of high-performing teams, backed by Google's Project Aristotle research.

## **Identifying What Breaks Safety**

Everyday habits that quietly undermine trust, and how to recognise early warning signs before they escalate into costly turnover, delays, or HR challenges.

## **Listening That Builds Connection**

How to listen in ways that make people feel heard and valued. Participants complete a short listening self-assessment and learn techniques they can apply immediately.

## **Building Trust Through Daily Actions**

Simple daily actions that build lasting trust - admitting mistakes, showing appreciation, encouraging all voices, and responding to different personality types.

## **Feedback That Builds Trust**

A simple framework for giving and receiving feedback that builds relationships instead of creating defensiveness.

## **Turning Conflict Into Collaboration**

How to distinguish between destructive and productive conflict, and use disagreements to solve problems faster.

# OUTCOMES & PRICING



## Outcomes

By the end of the workshop, your team will:

- Understand the foundations of psychological safety.
- Recognise behaviours that undermine trust and engagement.
- Apply listening and feedback techniques that immediately improve collaboration.
- Leave with daily micro-actions to embed psychological safety into how they work.

This short, high-impact session is the perfect ignition point for creating a high-trust, high-performance culture.

## 01 Delivery Details

- Duration: 1-hour interactive workshop
- Format: In-person or virtual
- Audience: Suitable for all staff across all levels

## 03 Next Step

Call or email Ann to bring Psychological Safety Foundations into your organisation and start seeing results immediately.

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## 02 Company Investment

- Virtual: R7,500
- In-person: R10,500 excl travel