

**Why psychological safety  
is your new priority**



**Who is this  
session for?**







# What we'll cover

1. What is psychological safety at work
2. Is it measurable?
3. How we can create psychologically safe workplaces
4. The barriers to developing psychological safety



# Your speakers



Staff Wellbeing Lead | NHS Derbyshire

## Jamie Broadley

Supporting 30,000 frontline staff across NHS Derbyshire, Jamie is instrumental in championing wellbeing through training, workshops and campaigns. Jamie joins the session to reveal practical insight into building psychologically safe workplaces.



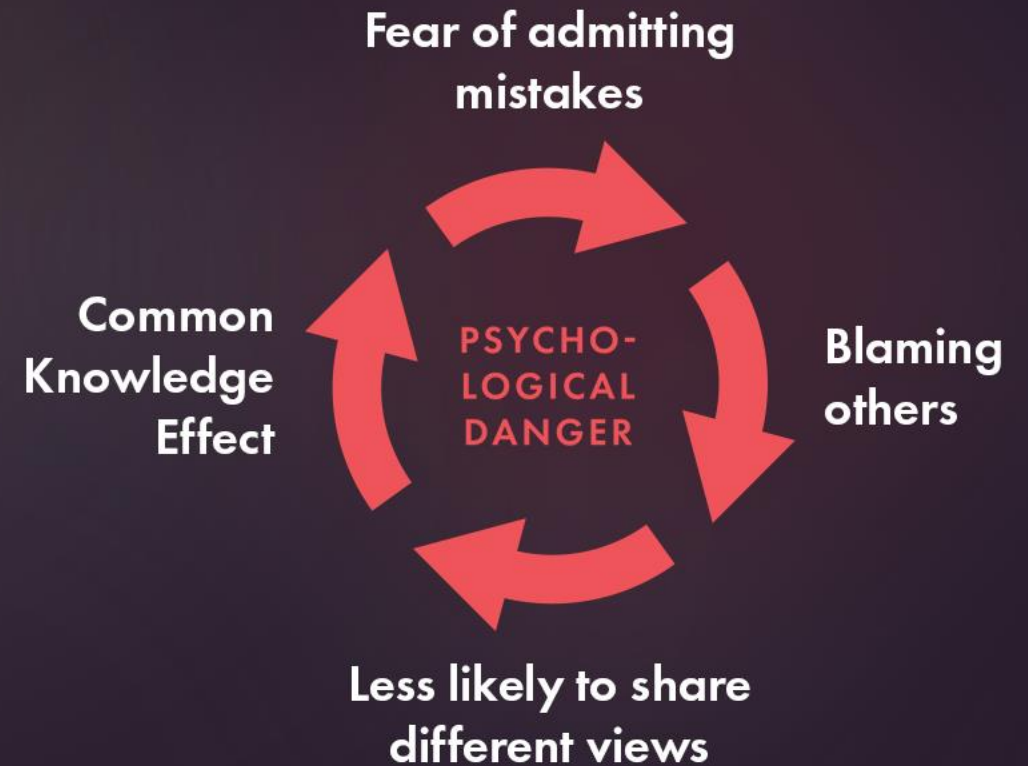
Co-Founder & CEO | Champion Health

## Harry Bliss

After losing a friend and mentor to suicide, Harry set out to change and save lives by building the Champion Health platform.



# What is psychological safety at work?





When it works

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overthink

**When it doesn't work**



Can you measure psychological safety?



# Ask yourself these questions

- Q.** If someone makes a mistake on your team, is it often held against them?
- Q.** Are members of your team able to bring up problems and tough issues?
- Q.** Do people on your team sometimes reject others for being different?
- Q.** Is it safe to take a risk on your team?
- Q.** Are the unique skills and talents of people on your team valued and utilised?







# How can we create psychologically safe workplaces?

1. Proactive boundary setting
2. High frequency feedback
3. Reframing failure
4. Role modelling
5. Letting the small bad things happen



# Barriers to psychological safety

1. Clunky reporting/slow feedback loops
2. Virtual working
3. Human factors: stress, burnout etc
4. Gossiping & sapping

*Psychological safety is  
hard to build, and easy to break*







# How to start developing psychological safety today

📝 *I will...*



# Q&A

Why psychological safety is your new priority





# Free Psychological Safety at Work guide

Share what you've learnt in this session with your team or organisation. Download the free guide.

Download now

 [www.bit.ly/2PT1HDz](https://www.bit.ly/2PT1HDz)



# What's next?

- > Webinar recording and slides sent via email
- > More sessions coming soon
- > Fill in the survey to tell us what you want to hear next
- > Follow Champion Health on LinkedIn for updates on upcoming sessions





**Making healthier easier, for everyone.**

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HEALTH

