



BUILDING PSYCHOLOGICAL SAFETY IN THE WORKPLACE WEBINAR



With over 30 years of experience in workplace wellbeing, International SOS understands that a tailored approach is necessary to build a healthier workforce.

The psychosocial aspects of workplace safety have become increasingly important for employers and employees.

Periods of prolonged stress and uncertainty can increase the risk of mental health problems, and managers and organisations can play an important role in supporting individuals who are experiencing stress, distress and mental health conditions.

This webinar is designed to assist leaders and managers to better understand the importance of creating a psychologically safe workplace. They will explore the impact of psychological safety on employee well-being, creativity, productivity and discover strategies to promote psychological safety in their workplace.

Supporting the health and wellbeing of your workforce doesn't have to be a challenge. With the help of International SOS, you will have the tools necessary to support the long-term wellness of your employees, helping you unlock the power of a healthier workforce.

Long-term benefits

Health & Wellbeing webinars are an effective tool to improve health awareness amongst employees, which in turn leads to multiple benefits:

- Increased productivity
- Reduced absenteeism
- Improved morale
- Lower healthcare costs
- Better retention rates
- Enhanced employee engagement

Our approach

Workshop: Define goals & objectives

Our medical consultants define the goals and objectives to ensure the content is focused and relevant to the client's needs.

Customise: Identify target audience

We identify the target audience to ensure that the content is tailored to the needs and interests of the clients.

Assess & Analyse: Develop evidence-based and engaging content.

Evidence-based content provides clients with practical tips and strategies to improve their health and well-being. The content is engaging and interactive to keep the audience interested and motivated.

Webinar: Deliver webinar

We ensure that the webinar is delivered on time and meets the objectives of improving health awareness among the target audience.



Benefits of 'Building Psychological Safety in the Workplace' - Webinar

1. **Increased wellbeing:** Employees may learn strategies for creating a psychologically safe workplace, which could help reduce stress, anxiety, and burnout. As a result, employees may experience increased well-being and job satisfaction.
2. **Increased creativity:** A psychologically safe workplace encourages employees to take risks, share ideas, and be creative. Attending the webinar could help employees learn how to create an environment where creativity can flourish.
3. **Increased productivity:** Employees can work more effectively as a team when they feel safe to share their thoughts and ideas. Employees may learn how to improve communication and collaboration by attending the webinar, leading to increased productivity.
4. **Greater job security:** By promoting a psychologically safe workplace, employers can build trust and loyalty with their employees. This, in turn, may lead to a more stable and secure work environment.
5. **Personal growth:** Learning about psychological safety can help employees develop their emotional intelligence, self-awareness, and interpersonal skills. These skills can be valuable in and out of the workplace, leading to personal growth and development.

Objectives

1. Understand the concept of psychological safety in the workplace and its impact on employee well-being and productivity.
2. Identify common barriers to psychological safety and strategies to overcome them.
3. Develop skills to foster psychological safety, including active listening, effective communication, and empathy.
4. Create a plan to implement psychological safety practices in the workplace and measure their effectiveness.

Includes:

- Multilingual capabilities
- Interactive sessions
- Safeguarding practices.



Deliverables

Number of hours: 4 hours (includes consultation meeting, content creation and webinar delivery).

Handouts: Some webinars may provide handouts such as worksheets, checklists, or templates. These can be used to apply the information learned in the webinar to a specific situation.

Audience: Managers.

Who we are

About the International SOS group of companies

The International SOS Group of Companies is in the business of saving lives, protecting your global workforce from health and security threats. Wherever you are, we deliver customised health, security risk management and wellbeing solutions to fuel your growth and productivity.

Contact us

To learn more, please contact us at:
global.orders@internationalsos.com