

## #UFSFEELSPSYCHOLOGICALLYSAFE

HAVE YOU EVER WONDERED IF YOU FEEL PSYCHOLOGICALLY SAFE AT WORK?

DO YOU EVER WONDER IF YOU ARE BEING YOURSELF AT WORK?



### WHAT CAN I EXPECT FROM THIS WORKSHOP:

- LEARNING ABOUT PSYCHOLOGICAL SAFETY
- ASSESSING YOUR PSYCHOLOGICAL SAFETY
- LEARN HOW TO DEVELOP PSYCHOLOGICAL SAFETY

### WHAT IS PSYCHOLOGICAL SAFETY ALL ABOUT?

Have you ever asked yourself if you are uncomfortable expressing and being yourself?

In your workspace and team, are you uncomfortable sharing concerns, questions, and mistakes due to fear of retribution or embarrassment or being ignored?

If the answer is "Yes" to any of the above questions, this workshop is for you.

Just watch this online workshop and find out more about your psychological safety at work.

"PSYCHOLOGICAL SAFETY AT WORK TAKES EFFORT. IT'S NOT THE NORM, BUT IT'S WORTH THE EFFORT"

-AMY EDMONDSON

### Contact Us for more information:

Carmine Nieman  
051 401 2537  
niemancl@ufs.ac.za

### How will this work??

#### LOGISTICAL ARRANGEMENTS AND INFORMATION:

- The workshop will be available online for you to enjoy in your own space and time.
- The workshop will be 30 minutes to an hour.
- Visit our website to view/download this workshop: <https://www.ufs.ac.za/supportservices/departments/human-resources-home/od-employee-wellness/2021-well-being-initiatives>

#### #PSYCHOLOGICALSAFETY



Let's start feeling safe psychologically at work!!!