

Psychological Safety: The No Judgement Zone



A full day immersive experience for individuals and teams who want to communicate openly, collaborate confidently and create environments where people feel safe to speak up, contribute and be themselves.

Psychological safety isn't about being nice. It's about creating the conditions where people can take risks, ask questions, share ideas and navigate tension without fear of judgement or punishment. When teams feel safe, performance, creativity and connection rise, and problems surface before they become crises.

WHAT WE COVER

- What psychological safety really is (and what it isn't)
- Nervous system responses + protection patterns
- How tone, assumptions and impact shape safety
- Behaviours that build or break trust
- Tools for safe, clear and grounded communication
- Repairing after rupture + rebuilding connection
- Integration & real world application

WHO ITS FOR

- Teams wanting healthier communication and stronger collaboration
- Leaders wanting to build trust, openness and emotional intelligence
- Individuals who want to feel more confident speaking up
- Organisations wanting high performing, human centred cultures

OUTCOMES

- Clearer understanding of what creates (and erodes) psychological safety
- Stronger ability to communicate openly and respectfully
- Increased confidence in navigating tension without defensiveness
- Reduced fear based behaviours and unspoken assumptions
- Healthier team dynamics and more inclusive collaboration

DELIVERY + PRICING

Delivered:

- Virtual (split into two half-days)
- In-person (full day)

Pricing:

- Organisations (Virtual): £2000
- Organisations (In-person): £2400

Book Your Session

Email us at
info@trans4mativeminds.co.uk or scan
the QR code

