



BITE-SIZE LEARNING

PSYCHOLOGICAL SAFETY

Bite-sized training sessions: manageable portions of expertise, designed to fit in a lunch hour.

We look forward to joining you for this bite-size learning



What is bite-size learning?

If times are hard, the training budget is one of the first things to feel the squeeze. Yet research shows that those organisations who choose to continue with their learning and development plans out-perform those who do not. Bite-size learning is a great way to keep on top of training efficiently and cost-effectively.

Designed by Dr Lesley Aitchison and Cerulean's team of learning & development specialists, our bite-size learning has a proven record with many organisations including top universities, charities, trusts, corporations, and councils.

PSYCHOLOGICAL SAFETY

Most organisations have their Equality, Diversity, Inclusion and Belonging strategy (EDI&B) and learning in place, however none of this is truly effective without people feeling a sense of psychological safety.

Psychological safety also helps organisations realise the significant benefits of their EDI&B plans.

It is our leaders who set the tone for psychological safety in our organisations, modelling the behaviours and thinking to encourage the trust and confidence for people to be themselves.

This bite-size session will cover:

- Definition of psychological safety
- Context and principles
- Practical tools
- Team roadmap

When we feel confident and comfortable in bringing our true selves to work, the impact can be significant. Feeling able to ask for help, share ideas or challenge when necessary without negative consequences, gives organisations an advantage in staying flexible, solving problems, and innovating.

To find out more about our EDI&B bite-size learning sessions, click [here](#).