

# **Exploring Psychological Safety for you and your Team**



**Hayley Stuart,**  
Principal Teacher Pupil  
Leadership & Wellbeing (Acting),  
Boclair Academy

Explore the factors which help the brain and the body connect to feel safe and healthy at work. Take time to observe the stressors which impact you and ways in which you can influence your behaviours for positive change.

## **Do you experience stress?**

Most of us experience some level of stress day to day or through dealing with large responsibilities or challenges in life. These stresses can be short lived or longer term and we have to try and navigate our way through life and work. Through exploring our relationship between our felt experiences and triggers for stress we can try to identify the key markers for positive wellbeing.

## **Feeling physically safe**

We will explore how to create a physical environment which fosters feelings of safety and models of best practice. Through identifying our physical health indicators to stress we can access our natural response to stress and where this shows up most. Making use of a connected community approach we will share what makes us feel physically safe and how we can create more supportive teams.

## **Psychologically safe**

As we experience sensations of stress in the body our brain tries to make sense of these signals, and we begin to analyse the world around us. During the workshop you will have the opportunity to apply evidence-based research into your own setting. Making use of self-evaluation techniques you will have the chance to take time for reflection, which will inform practices within your own team or life outside of work.

## **Connection and growth**

If you are part of a team you will have many moving parts and many individual needs for each member. We will work through a model which will help you to firstly identify your own physical and psychological needs and then gather the thoughts of others. There will be opportunities for growth and connection especially after a period of great uncertainty during the pandemic as we learn more about what brings us together.

**Tuesday**  
**8th October 2024**  
**4:15 - 5:45pm**

The session will feature:

- An introduction
- A short presentation

Followed by:

- Discussions and Q&A

**The Spaces for Wellbeing  
programme is focused  
on staff wellbeing  
and is designed to  
'provide inspiration  
and not instruction'**

[educators-barnardos.org.uk](https://educators-barnardos.org.uk)

