

PREVENTING PSYCHOSOCIAL RISKS AT WORK

Overview

Psychosocial hazards can create significant risks for organisations, impacting peoples' wellbeing, workplace culture and health & safety compliance. Understanding how to identify and manage psychosocial risks and ensure people feel comfortable speaking up is essential to create a safe workplace.

This practical and engaging workshop helps people recognise risks such as stress and burnout, address conflict, and create psychologically safe workplaces. Participants will also leave with greater confidence to identify concerns and take action.

The course covers

What psychosocial risks are and how they impact people and performance.

Recognising psychosocial hazards and warning signs.

Encouraging people to speak up through building psychologically safe environments.

Managing disagreement & addressing microaggressions.

Manager, employee and bystander responsibilities.

Practical workplace examples and case studies.

Details

- 3 hours duration
- Face to face or online
- Up to 15 people per session
- Includes a planning meeting of up to 1 hour to make tweaks to the content to suit your organisation
- Can be run standalone or alongside my 'Preventing Bullying, Harassment and Discrimination' session



Suggested attendees

Team members

Leaders

Senior leaders

HR team members

Everyone in your organisation!



Please contact me to discuss
running this training session in
your workplace

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