



Run Psychologically Safe Meetings

Course Description

In this workshop, participants will learn how to leverage the power of psychological safety to run more effective, productive and high performing meetings. Participants begin with an assessment of the current state of their meetings which can be mapped onto the six core components of psychologically safe meetings. Participants will leave with a thorough understanding of our meeting framework leading to greater levels of inclusion, interaction, engagement, and productivity.

Outcomes:

- Learn what psychological safety is and how it relates to meetings
- Assess your meetings for psychological safety
- Apply 6 components to run a psychologically safe meeting
- Discover how power, privilege, and access can impact a meeting

Course Outline:

- What is psychological safety
- Assess your meetings for psychological safety
- 6 components of a psychologically safe meeting, including:
 - Establishing what type of meeting this will be
 - Strategically reduce meeting size while promoting inclusion
 - Set the tone for a high performing meeting
 - Agendas, time management, and roles for predictability
 - Collect inclusive contributions while staying on track
 - Use feedback for continuous improvement and collective engagement
- How power, privilege, and access impact a meeting