



## Psychological Safety at Work

**COURSE HOURS:** 4

**DELIVERY METHOD:** ILT – Instructor-Led Training

**MODALITY:** In-person or Virtual

### **DESCRIPTION:**

This half-day course identifies what psychological safety is (and is not), provides strategies to foster a psychologically safe workplace, and explores the positive impact of psychological safety on organizational outcomes. Additionally, the course will explore ways to manage work-related stress and prevent burnout by identifying different types of work stressors common in human service professions, learn about the effects of stress on the body, identify the symptoms and stages of burnout, and practice individual self-regulation strategies for responding to burnout, compassion fatigue, and vicarious trauma.

### **Instructor:**

**Lisa Maaca Bartlette,  
MSSA**

Lisa Maaca Bartlette is the founder of Lisa Maaca Inc., providing evidence-based, dynamic trainings, workshops, and keynote presentations to inform child welfare, juvenile justice, and other workforce professionals. Adept at storytelling and with years of education, research and professional experience, Lisa has made it her life's work to help those who are hurting to experience healing.

