

**Tuesday
Feb 25
5pm
AEDT**



Creating Belonging and Psychological Safety

**Presented by:
Sue Langley, Academic Director
of the Langley Group Institute
(RTO #40655)**



Psychological safety is a shared belief held by members of a group that it is OK to take risks, to express ideas and concerns, to speak up with questions, communicate, and to admit mistakes – all without fear of negative consequences. Psychological safety is underpinned by emotional intelligence and the way we communicate, and it is essential to create a sense of belonging and inclusion.

This interactive, fun and practical session will explore the key components of psychological safety, positive communication and human connection, and will enable participants to:

- Understand why psychological safety is important and the science behind it.
- Explore how psychological safety is connected to wellbeing
- Identify the link to courage and the ability to set boundaries and contract with others.
- Learn what my responsibility is to feel safer and provide feedback when things don't go well.
- Use practical tips to create psychological safety to help individuals feel safe and included.
- Identify how emotions and empathy play a part in creating a safe environment.
- Choose communication that creates a pull towards belonging
- Practical tools and strategies to manage risk and increase psychological safety.

[**Register**](#)



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THE PRESENTER



Sue Langley

**Academic Director of the Langley Group
Institute (RTO #40655)**

Sue Langley is a renowned keynote speaker, global consultant and positive leadership expert. With a background in neuroscience, positive psychology, and leadership, Sue transforms complex scientific concepts into practical tools for personal and organisational growth. Her expertise is sought after by top companies worldwide, and she is a frequent keynote speaker at international conferences. Sue's passion for making the science of human flourishing accessible drives the Langley Group Institute's mission to empower individuals and organisations with evidence-based strategies for positive change.

As a pioneer in her field, Sue designed the first government-accredited courses in positive psychology and wellbeing. These flagship courses, including the 10695NAT Diploma of Positive Psychology and Wellbeing and the 11250NAT Certificate IV in Wellbeing Science, have equipped over 1800 students with evidence-based tools from positive psychology, neuroscience, and emotional intelligence to create meaningful change in their personal and professional lives. Sue is a Master Trainer for the Mayer-Salovey-Caruso EI Test (MSCEIT), the Strengths Profile and the Work on Wellbeing tool. She holds (among many qualifications) a Master's in the Neuroscience of Leadership.

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At The Langley Group Institute (RTO #40655), we offer government-accredited courses that blend learning with application. Dedicated to transforming lives with positive psychology and wellbeing science, our courses translate the latest research into actionable strategies. **Register for the workshop and enter to win a free place in the 11250NAT Certificate IV in Wellbeing Science—start your journey to positive change today!**

Register

