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## **Peace in Action's NEWEST 2024 Workshops and Webinars**

In addition to our library of workshops and webinars, we have added **The Importance of Psychological Safety and Workplace Wellness & Mental Health**



### **NEW for 2024**

In each of our presentations, we go over basic terms, the power of language, and invite participants to think about the topic both at work and in their daily lives. Our goal is to create an atmosphere in which participants can openly question and discuss ideas, and improve interpersonal relationships through greater understanding.

#### **The Importance of Psychological Safety**

In this workshop, participants are invited to discuss ways to create psychologically safe organizational cultures in which everyone can perform at their best. We discuss the key role of leadership, the importance of accountability, and provide a step-by-step toolkit with which to build community in a climate without interpersonal fear.

#### **Workplace Wellness & Mental Health**

In this workshop, participants are introduced to common misconceptions and stigmas, and discuss various coping strategies for managing stress and maintaining mental well-being. The workshop discusses stress management techniques, mindfulness, time management, and the importance of seeking help and the role of support systems in maintaining a mentally healthy workplace.