

**UNCOVERING PSYCHOLOGICAL SAFETY:  
TEAM SCAN AND FACILITATED DEBRIEF  
WITH MINDSET MENTAL HEALTH STRATEGY INC.**



**DESCRIPTION:**

Psychological safety is a key ingredient to creating the conditions that allow teams to do their best work together. It also provides a host of great outcomes for businesses, including improved productivity, learning, and employee well-being. However, it can be difficult to know how psychologically safe team members are feeling, and what behaviours may be contributing to safety or lack thereof. As a neutral third party, we provide teams with unique tools and perspectives to help them unpack current team dynamics and opportunities for action.

Using a quantitative scan, we help teams gauge the level of psychological safety within their team. Our expert facilitators then guide a debrief session, using the results as a launching point to explore the team’s experiences and ideas for improvement. Teams are left with practical strategies to maintain or improve psychological safety in their team and workplace.

**DELIVERY**

This offering includes:

- A 1-hour introductory session for all teams – outlining the key concepts of psychological safety (delivered in-person or virtually).
- A quantitative scan of psychological safety within each team – using the Psychological Safety Index originally developed by Dr. Amy Edmondson.
- A 2-hour facilitated debrief session for each team – to review the results of the scan, identify barriers and facilitators to psychological safety, and identify tangible actions to enhance team psychological safety. Each session can be delivered virtually or in-person, for teams of up to 20 participants.

## MEET OUR FACILITATORS

### Jordan Friesen **PRESIDENT, O.T. REG. (MB)**

A skilled educator, Jordan can distill complex ideas into actionable insights for a wide range of audiences, from executives to students. He is known for his pragmatic approach, ability to coach and influence leaders, and drive to help companies meaningfully move the needle on mental health in their workplace. Grounded in his own lived experience of illness and recovery, he takes a person-centred approach to making workplaces healthier and, ultimately, more human again.



### Anna McGregor **ASSOCIATE CONSULTANT, O.T. REG. (MB)**

A life-long learner herself, Anna enjoys delivering intricate information using clear and accessible messaging and is passionate about being a knowledgeable support to others as they seek learning, growth, or change. Her clients would say that she is warm and open and ensures they feel welcome and heard throughout their engagement.



### Dan Doerksen **ASSOCIATE CONSULTANT**

Dan is an organizational development consultant with over 15 years of leadership experience where he coached and invested in people from a diverse range of backgrounds. His skillset and experience include working in the areas of organizational change, workplace culture, employee engagement, team development, and leadership coaching. Dan is known for being a strong communicator and clients appreciate



Contact us for more info!

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