



Emotional Safety for Leaders

45-minute keynote

Leaders often carry the additional burden of emotional labour, which involves managing their feelings and emotional expression to meet the expectations of their role. Emotional labour comes at a price: it puts leaders at increased risk of burnout and health issues. For the organisation, this translates to a risk of decreased productivity and performance, as well as a high turnover of leadership talent

Emotional safety for leaders involves paying attention to their own and their team's emotional well-being, understanding how tough emotions can impact them and understanding there are safe, appropriate ways to respond to other people's emotions which build psychological safety and team performance.

In this keynote, Dr Sarah shares research-backed insights into the benefits of emotional safety for leaders.

Through understanding the experience of emotional labour as a leader, how they navigate through challenging feelings and practise self-compassion, and the way they respond to other people's difficult emotions, leaders in the audience will start to realise the value of increasing emotional safety for themselves and their team. The benefits include a more supportive team culture, and leaders with improved mental and physical health, better self-control and more energy, who help others more and create high levels of psychological safety.

Dr Sarah Whyte delivers interactive, relatable and transformational insights into how leaders can build emotional safety for their team.

Who needs this keynote?

- Organisations who value a culture of higher emotional and psychological safety
- Organisations who want to retain their leadership talent
- Leaders who struggle with tough emotions, which might negatively impact their physical or mental health
- Leaders who would benefit from more self-compassion rather than self-criticism





What will the audience learn?

- They will understand more about the work involved in emotional labour, and that the 'surface acting' or emotional suppression of emotional labour can take its toll
- They will be given tangible tools to recognise and express difficult emotions, which can improve both physical and mental health
- They will discover the value of self-compassion in creating better leaders who create a more psychologically safe environment
- They will discover how to handle other people's emotions in a safe and appropriate way for work, which helps leaders offset compassion fatigue

Follow up options

Many organisations choose to follow up on insights from this keynote by having Dr Sarah facilitate a more in-depth learning program to develop and sustain emotional safety for leaders. Sarah's learning programs involve interactive, research-based workshops and individual and group coaching, and are bespoke according to the needs of each organisation.

Dr Sarah Whyte

Dr Sarah Whyte works with leaders and teams in high-pressure, high-performance environments to help them understand the power of emotion in psychological safety. She holds a doctorate in emotional intelligence and remains a massive research geek. Her relatable stories distil complex research into powerful takeaways to boost performance, productivity, and communication.

Contact Dr Sarah Whyte

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👤 Book an enquiry call with Sarah

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