



From Taboo to Triumph

The value in embracing tough emotions at work for increased performance, productivity and resilience

45-minute keynote

We all bring our emotions to work; we don't leave them at the door. Despite this fact, people try to focus solely on logical or rational thinking—especially at work—and do their very best to push either their own emotions to one side, or other people's emotions to one side, or both.

Emotional safety is about paying attention to our own and other's emotional well-being, understanding how emotions impact our interactions and performance and ensuring people feel safe to be open, honest and vulnerable.

In this keynote, Dr Sarah shares her insights into how you can begin to develop emotional safety in your workplace and start to see significant improvements in your results as an individual, a team or organisation.

Through understanding our experience of our own tough emotions, how we navigate through challenging feelings and the way we respond to other people's difficult emotions, the audience will start to realise the value of bringing those tough emotions to work. Increasing emotional safety at work creates a more supporting work culture with benefits for everyone, including increased resilience, lower stress levels, increased employee engagement and improved performance and productivity.

Dr Sarah Whyte delivers interactive, relatable and transformational insights into how you can start to build emotional safety in your workplace today.

Who needs this keynote?

- Organisations looking to increase the performance and productivity of their people
- Organisations who want to develop their people's ability to make decisions and solve problems
- People who are feeling overwhelmed or depleted
- People who are dealing with a high level of uncertainty, stress and pressure





What will the audience learn?

- They will understand the benefit of noticing and naming feelings for improving stress levels, increase their empathy and their ability to negotiate conflict, as well as equipping them to set goals and make changes.
- They will be given tangible tools to navigate through difficult emotions, with the benefit of lower stress levels and improved performance and productivity
- They will discover how to build true compassion and empathy for other people so that everyone is empowered to perform at their best through authentic and supportive relationships
- They will discover how to transform their performance by understanding the value of bringing their whole self to work, including their tough emotions

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 organisations and teams. 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 people 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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