

C. Navigating Disruption: Coaching with Psychological Safety in Mind with Brodie

In times of constant change, uncertainty, and complexity, our role as coaches is to create spaces where individuals and teams can think clearly, adapt confidently, and thrive. Yet disruption often tests the very foundation of psychological safety: the sense of openness that allows people to feel included, enabling them to take risks, share ideas, and learn.

In this interactive CPD session, you will be invited to explore the essence of psychological safety - what it means, why it matters, and what helps or hinders its development. Drawing on the pioneering research of Harvard Professor Amy Edmondson, we will examine how to strengthen psychological safety within our own coaching relationships and discover practical ways to help clients cultivate it within their teams and workplaces.

Together, we will reflect on the theory, discuss, and experiment with approaches that can support our own practice, as well as support individuals and teams to foster psychological safety environments. You will gain insights into the benefits of developing psychological safety, common barriers which can get in the way, and explore practical activities to cultivate curiosity and connection - even in the midst of disruption.



Dr Brodie is an Associate of Catalyst14. She is an experienced executive coach, team coach, and facilitator. She has spent 10+ years working with individuals, teams, and leadership groups across a diverse range of industries, including legal, energy, pharma, engineering, professional services, and retail. She has a particular interest in working with teams and leadership development. Brodie brings a strong academic and practical expertise to her coaching work. She holds a Doctorate in

Coaching and Mentoring and Senior Coach Practitioner (EMCC). Brodie is passionate about helping individuals and teams unlock their full potential.