ZING365
Learning without limits

BEING AUTHENTIC

WHAT WE WILL COVER

- Identifying your authentic self

- Creating an environment of psychological safety and what that means in practice

- Upskilling your existing communication skills

- Asking effective questions to understand your team better

- Demonstrating how being authentic is something natural

- Understanding that not everyone is the same and differences of approach can be used to solve problems

- Making understanding your team and colleagues a priority

- Encouraging innovation and collaboration

DURATION

- 90 MINUTES VIRTUAL

- 1 DAY

dwf
PART OF THE DWF GROUP

SUMMARY

Understanding what makes you who you are is what helps you to be comfortable in yourself and able to be your authentic self. That means not feeling like you have to act a certain way or be someone you are not.

Authenticity at work is being able to show up as your true, authentic self in the workplace.

Authenticity is also about being appreciated and valued for the true self you show up as. And beyond being embraced for who you are by your team, feeling that your contributions, ideas, and opinions are valued also means that you reciprocate that to your peers.

Discover how to create an environment of psychological safety and understanding, whilst encouraging collaboration and innovation.

OBJECTIVES

By the end of this course you will;

Identify how being authentic helps create a sense of belonging

Understand what psychological safety is and how to create it

Understand how knowing your team helps you work more effectively together