

# Psychological Safety in Aviation



**1st Slot: 05-06 May 2026**

**2nd Slot: 10-11 Nov 2026**



**Online (via Zoom)**



**09:00-15:00 (GMT +3 in May / GMT +2 in Nov.)**

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## Scope & Purpose

The need for this training program stems from the increasing recognition that psychological safety is crucial for fostering high-performing teams. In many organizations, employees may withhold ideas, concerns, or feedback due to fear of negative repercussions, which stifles innovation, collaboration, and growth. Leaders must be equipped with the skills to create environments where team members feel safe to speak up, share ideas, and take risks without fear of judgment.

This training is necessary to help leaders establish a foundation of trust and openness, enabling higher levels of engagement and innovation.

This training program will equip leaders with practical tools and strategies to build and maintain psychologically safe environments in their teams. By focusing on face-to-face interaction and tailored feedback, the program ensures participants leave with actionable insights for immediate implementation.



## Objectives

The objectives are divided into Knowledge, Skills, and Attitudes for a comprehensive learning experience.

### 1. Knowledge Objectives:

By the end of the program, participants will be able to:

- Define psychological safety and explain its significance in workplace dynamics.
- Identify the core components of psychological safety, such as trust, communication, and inclusion.
- Understand how psychological safety drives motivation, innovation, and productivity in teams.
- Recognize and address barriers to psychological safety, including fear of failure and poor team communication.

### 2. Skills Objectives:

Participants will develop the skills to:

- Facilitate open and inclusive communication within their teams.
- Demonstrate active listening and empathy to foster a trusting environment.
- Provide constructive feedback that promotes growth and maintains psychological safety.
- Manage team conflicts while maintaining a supportive and safe environment.
- Develop and implement action plans to integrate psychological safety into daily leadership.



## Objectives (cont.)

### 3. Attitudes Objectives:

By the end of the program, participants will:

- Adopt an attitude that values vulnerability and transparency as leadership strengths.
- Commit to fostering an inclusive and trust-based team culture.
- Embrace a growth mindset that encourages learning from mistakes and fosters innovation.
- Value continuous leadership development with a focus on psychological safety.



## Target Audience

This program is designed for business managers, team leaders, department heads, and senior executives across various industries. It is aimed at leaders responsible for managing teams who wish to foster a culture of psychological safety to enhance employee engagement, motivation, and overall productivity.



## Training Content

### Introduction and Overview

- Introduction to psychological safety, the training objectives, and its workplace relevance.

### Defining Psychological Safety

- Concept, academic foundations, and why it matters for business outcomes.
- Case studies of organizations benefiting from psychological safety.

### The Leader's Role in Psychological Safety

- How leadership behaviors foster or inhibit psychological safety.
- Group discussion: Reflection on personal leadership styles and their impact on team dynamics.

### Barriers to Psychological Safety

- Identifying and addressing common barriers like fear of judgment and communication breakdowns.
- Workshop: Identifying barriers within participants' own teams and brainstorming solutions.



## Training Content:

### Building a Psychologically Safe Team Environment

- Key elements: Trust, inclusivity, and open communication.
- Practical strategies for building trust through active listening and empathy.
- Practical exercise: Facilitating open communication in team settings.

### The Role of Feedback and Conflict Resolution

- How to deliver constructive feedback while maintaining psychological safety.
- Managing conflict in ways that preserve trust and enhance team cohesion.

### Embedding Psychological Safety in Daily Leadership Practices

- Practical tools and strategies for integrating psychological safety into everyday leadership.
- Developing action plans for participants to apply psychological safety principles in their teams.

### Action Plan Presentation and Peer Coaching

- Participants present their action plans and receive peer feedback.
- Final reflections and commitment to continuous improvement.



## Training Method

The program will be delivered in an online format, ensuring flexibility and accessibility while maintaining high levels of engagement and interaction.

The benefits of online delivery include:

- Live, interactive sessions that allow real-time discussions, Q&A, and direct engagement with trainers.
- Virtual breakout rooms for role-plays, group discussions, and case study analysis, enabling participants to apply peer support principles in practical scenarios.
- Accessibility and convenience, allowing participants to join from different locations without travel constraints.



## Certificate of Attendance

Upon completion of the entire training program, a Certificate of Completion will be awarded to participants who successfully complete the program.



## Pricing and Language

- The training will be conducted, and the notes will be provided, in English.
- Participation cost:
  - Normal Price: €700 +VAT (19%)
  - EAAP Members: €595 +VAT (19%)



## Registration Deadline

- Registrations must be made no later than 5 days before the commencement. Registrations will be processed on a first-come, first-served basis.
- The participation fee must be settled upon registration in order for the registration to be considered confirmed.



## The Facilitator

Solonas holds a Bachelor's and Master's degree in Organisational and Work Psychology and serves as a trainer and consultant at Kratis Training and Consulting, specialising in Human Factors, Human Error, and Organisational Behaviour. He is also a Licenced Aviation Psychologist from the European Association for Aviation Psychology. He is a visiting lecturer at Trinity College Dublin and other academic institutions. Previously, he worked as a researcher with the Aerospace Psychology Research Group at Trinity College. Solonas is a certified trainer by the Human Resource Development Authority (HRDA) and a Human Factors Instructor. He has extensive experience in developing and delivering training seminars on Aviation Safety, Human Factors, Emotional Intelligence, Leadership, Teamwork, and related topics.

