

Workshop: Promoting Flourishing and Psychological Safety in the Learning Environment  
Carrie Barron, MD

1. Three Good Things and Your Role in Them (Martin Seligman)

Before you sleep at night, take five minutes to review in your mind or write down three good things that happened that day and your role in them. Mindset matters.

2. Four Agreements from Toltec Wisdom (Don Miguel Ruiz)

<https://www.miguelruiz.com/the-four-agreements>

1. Be Impeccable with Your Word.
2. Don't Take Anything Personally
3. Don't Make Assumptions.
4. Always Do Your Best.

Interpersonal conundrums can be a of stress in an academic setting. Feeling devalued, misunderstood, taken advantage of or even scapegoated can be an emotionally depleting experience. Sometimes, we imagine things to be worse than they are and sometimes there are taxing conditions that we cannot change. We can conjure self-possession and psychological safety by using the Four Agreements.

3. Appreciative Inquiry/ Strengths-Based Interventions for Positive Learning Culture (David Cooperrider)

Whether it is via an online source, a post-it pillar in a public space, or a private conversation, commenting on another's good intention or action can foster a positive work culture. Noticing, attending and taking a moment to share are beneficial in and of themselves.

4. Broaden and Build: Brief, Warm Synchronous Moments During the Workday (Barbara Fredrickson)

Research indicates that brief warm moments with community members several times per day enhances well-being and creates a sense of psychological safety.

5. Psychological Safety Qualities for Teachers: What Are They and What Qualities Do They Elicit in Learner (William Kahn and Amy Edmondson)

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When Teachers Are:



From BMJ Best Qualities for Medical Educators

Learners Exhibit:



From Coetichr.com