



Understanding Shame as a Barrier to Psychological Safety

Session Description:

This session investigates a commonly avoided barrier to psychological safety that is often not discussed, especially in professional settings - that barrier is called shame. We will explore and outline the importance of understanding shame, how it shows up in our organizations and the skills of developing shame resilience. Participants will take part in an interactive presentation and will be introduced to concepts and methods through storytelling and behavioral analysis. They will also walk away with awareness of why shame shows up in our lives, strategies to develop shame resilience and self awareness, the difference between the 4 self conscious affects and how shame resilience is connected to psychological safety. This presentation is based upon the work of grounded theory researcher, Dr. Brené Brown.

About the Presenter:

Sabrina L. Moon, MEng is the founder and owner of the Problem Solving Institute, a leadership and management consulting firm started in Chattanooga, TN and now based in Fort Wayne, IN. She has 20 years of leadership experience for corporations like General Motors, BNSF Railway, Amtrak and Norfolk Southern Railroad. She is known as a "servant of the front line."

She is a Certified Dare to Lead™ Facilitator by Dr. Brené Brown and enjoys developing leaders and organizations in the skills of courage and authenticity. She is a devout operations problem solver, change agent and mentor who actively seeks ways to engage in the community. She has led initiatives in various communities and organizations across the US and is a believer and practitioner of a continuous improvement mindset. Sabrina helps individuals tap into their courage as a powerful tool for organizational growth.

Sabrina's Education/Certifications: Associate of Applied Science in Automotive Technology & Repair, Bachelor of Science in Mathematics, Master of Engineering Management, 6 Sigma Black Belt, University of Kentucky & Toyota's True Lean Certified Practitioner, Positive Discipline Encouragement Consultant, Certified Dare to Lead™ Facilitator.



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