

# NEURO LEADERSHIP

*Psychological safety at the heart of human leadership.*

Building on the foundations of our trauma-informed leadership program, this workshop expands and deepens the approach, equipping leaders with practical tools to foster psychologically safe, inclusive cultures where teams and productivity can truly thrive.

Join us in Hobart on 1 May or in Launceston on 16 October 2025.

## About the workshop

Neuro Leadership is a one-day immersive leadership workshop designed for organisations, teams, and leaders committed to creating psychologically safe workplaces where people and productivity can thrive.

Participants will delve into the neuroscience of behaviour, learning how the autonomic nervous system influences individual and team dynamics. The program focuses on building personal agency, recognising and managing state changes during difficult conversations, and setting effective boundaries to keep burnout at bay.

Facilitated by Dr Polly McGee, a trauma-trained neuroleadership specialist consultant, this interactive session provides tools and a trauma-responsive leadership toolkit to operationalise insights. Using simple language and practical examples to suit all levels of knowledge it is ideal for leaders striving to cultivate supportive, diverse cultures and build their own confidence and competencies. The workshop equips attendees with actionable knowledge to create environments that prioritise psychological safety, inclusivity, and sustainable success while making learning fun, dynamic and accessible.



The combination of science, data and simple, practical examples really made this so valuable. I wish I'd known so much of this content in my early career – what really surprised me was how much I can apply to all my relationships, not just my team."

– 2023 Trauma Responsive People, Team and Culture participant

## What you can expect to learn

- How the autonomic nervous system rules behaviour – individually and collectively.
- How to create and maintain psychologically safe and inclusive cultures from the inside out.
- Why connection and relational safety are priorities for leaders, managers and their teams
- Recognising and managing stress responses in self and others during feedback and big conversations.
- Why our thoughts and our actions are often disconnected and how to get alignment.
- Why vulnerability, compassion and empathy are leadership superpowers.
- How to build your relational first aid kit

## Who should attend?

This workshop is ideal for:

- Leaders and managers seeking to create inclusive, psychologically safe, and high-performing workplace cultures.
- HR professionals and team leaders wanting to understand and address the impact of trauma in organisational settings.
- Anyone responsible for driving organisational change, enhancing team dynamics, or fostering diversity and inclusion.

## Investment – \$920

Price includes attendance at this workshop, with all catering provided, plus a follow up webinar. Concession rates are available for financial members of Tasmanian Leaders and for group bookings of three or more participants.

## Workshop details

### HOBART

Thursday 1 May  
9.00 am – 5.00 pm

Reflection and application  
webinar  
Monday 16 June  
12.00 pm – 1.00 pm

### LAUNCESTON

Thursday 16 October  
9.00 am – 5.00 pm

Reflection and application  
webinar  
Monday 1 December  
12.00 pm – 1.00 pm



I found this workshop to be incredibly beneficial. Dr Polly McGee was engaging from start to finish and I came away feeling truly inspired and ready to put into practice the new learnings”

- 2024 Trauma Responsive Leadership participant

## Meet your facilitator

Dr Polly McGee is a trauma trained neuroleadership consultant, psychotherapist, author and speaker. They spend their time in organisations building trauma informed leadership capacity and psychologically safe, productive cultures; speaking and leading workshops; and working with clients in their private therapy practice. Their NeuroLeadership program showcases a dedication to authentic leadership and peak productivity, fostering empathy and vulnerability within a neuroscience framework.

With unwavering passion and compassion, they continue to inspire positive change, proving that embracing multifaceted experiences from a place of inclusion can lead to a purposeful and fulfilling life journey.



The course was practical, informative, thoughtful and insightful. It was conducted in a sensitive, humorous and accessible way and empowering for leaders who want to make a real difference in caring for their teams in ways that will support members to be/do their best selves while simultaneously understanding the need for self-care for leaders.”

- 2024 Trauma Responsive Leadership participant

## Book your place today!

Secure your place and take the first step towards leading in the human centred future:

### HOBART

[events.humanitix.com/neuro-hbt](https://events.humanitix.com/neuro-hbt)

### LAUNCESTON

[events.humanitix.com/neuro-ltn](https://events.humanitix.com/neuro-ltn)

## Next steps and other opportunities

Due to the interactive nature of this workshop, places are strictly limited. Secure your spot today, as it will likely sell out.

Looking for a different leadership development opportunity? Explore our other programs on our website or contact our team on 03 6777 2562 or [info@tasmanianleaders.org.au](mailto:info@tasmanianleaders.org.au).

## Stay in touch



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[www.tasmanianleaders.org.au](https://www.tasmanianleaders.org.au)

### FOUNDATION PARTNER

Tasmanian Leaders is supported by the Tasmanian Government through the Department of State Growth



### ORGANISATION PARTNERS

