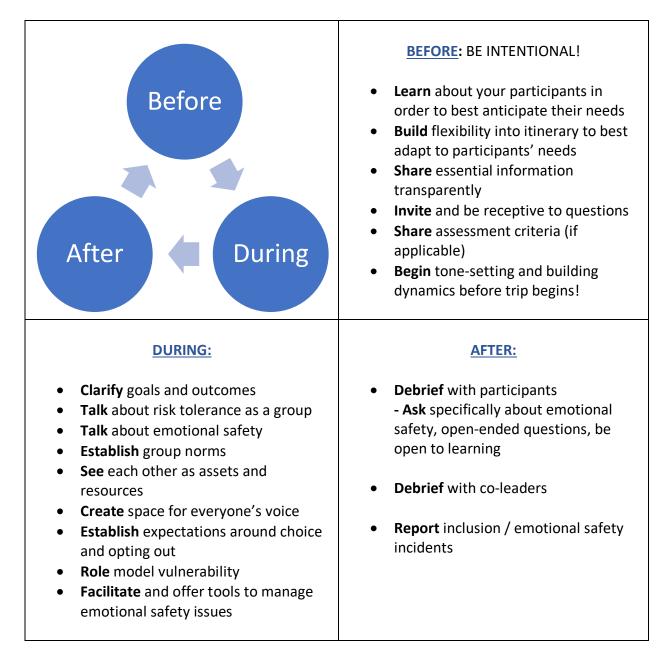


## These are NOT "Soft Skills!"

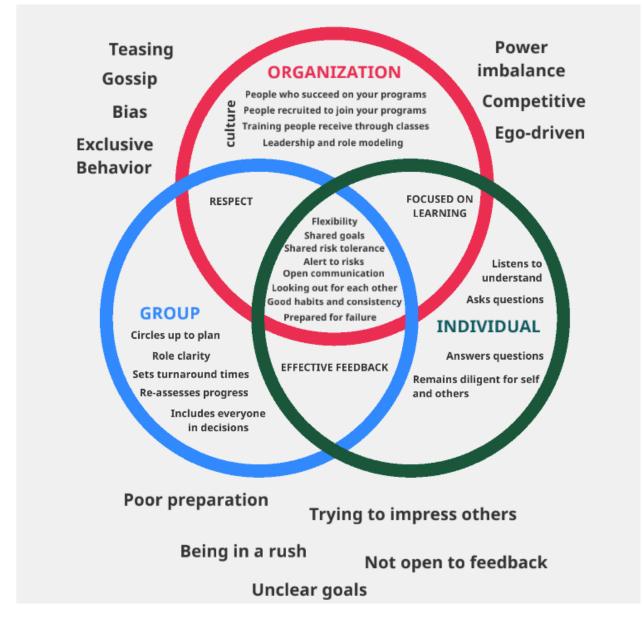
## **Facilitating Emotional Safety**

A foundational risk management skill

To support emotional safety, steps to take before, during, and after a program / trip.



## Factors that influence emotional safety on an outdoor program



- Items inside circles can positively contribute to emotional safety (for most participants)
- Items outside of circles can negatively impact emotional safety (for most participants)
- Items in the center of the diagram are indicators of a group that has fostered an environment conducive to emotional safety (for most participants)

## Additional Reading / Resources:

- Youtube: How to practice emotional first aid | Guy Winch
- Mental Health First Aid: <u>www.mhfa.org</u>