

MHEI PROGRAM

Psychological Safety & Stress First Aid (SFA)

VIRTUAL TRAINING

WHEN

*February 12, 2026
9:00 AM – 11:00 AM*

PROGRAM FEE

MHEI Member: \$199

REGISTER

To register, please visit [MHEI.org](https://mhei.org). After you register, you will receive the virtual training log-in instructions including meeting ID and password information.

*Questions? Contact Kelly Yost, Manager of Programs & Membership: 410.796.6239
kyost@mhei.org*

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Program Overview

This interactive session will equip healthcare leaders with the knowledge and skills to foster a culture of psychological safety while applying the Stress First Aid (SFA) model to promote emotional wellbeing. Leaders will learn how to recognize stress indicators and utilize strategies for early intervention and ongoing support.

Program Objectives

1. Explain the core principles and seven functions of the SFA model
2. Recognize how to use SFA interventions to address stress in real time and provide ongoing support
3. Develop a leader action plan for embedding psychological safety and stress support practices into daily operations

About the Speaker

KATRINA COLEMAN, BSN, MSN

Over the past 25+ years, Katrina has consulted and coached hundreds of managers in developing and implementing key skills to create focus on achieving goals and easing their busy schedules. Katrina is a master's prepared nurse and an ATD-Certified Coach.