

Newsletter

Focus: The Cost of Silence



“Scared I'll Lose My Job”

A sentence we hear over and over again. In today's workplace, too many people are walking on eggshells worried that speaking up about stress, poor leadership or unsafe conditions will cost them their job.

“I just keep my head down. I can't afford to be seen as difficult”

So what happens when fear drives silence?

- Burnout.
- Unsafe behaviours.
- People isolate themselves.
- Problems are not prioritised.

Worst of all?

People start believing their voice has no value.

I know if you've read up to this point you want to see change. So where do we go from here?

Workplaces need:

- Protection for truth tellers.
- Leaders who listen without consequence.
- Real conversations.
- Compassion over compliance.

A Braver Future

If you're scared, you're not alone.

If you've stayed quiet, you're not weak.

The first step to changing this culture is acknowledging it.

And the next step?

Start the conversation. Even if it's with one trusted person because staying silent doesn't keep us safe it just keeps things the same.

Question:

When was a time you didn't speak up and what did it cost you or someone else?



New Episode
OUT NOW!

The Journey from
Boy to Man

Our Services

- [Coaching](#)
- [Counselling](#)
- [Keynote Speakers](#)
- [Whatsapp Check-ins](#)
- [Walk and Talk Events](#)
- [Biweekly Podcasts](#)
- [Regular Blogs](#)
- [Shop](#)