

TEAMS & ORGANISATIONS

Empowering Organisations Through Understanding People

The performance of every organisation depends on its people – how they think, communicate, manage pressure, make decisions, solve problems and work with others.

Founded and led by qualified psychologists, our team bring extensive cross-sector experience underpinned by years of professional training. We specialise in making sense of complex problems, providing clear explanations, and offering practical solutions that empower people to overcome challenges and reach their fullest potential.

By tailoring the evidence-base to each unique context, we maximise on people's strengths and equip them with the additional insights and skills they need to succeed.

We make psychology simple and practical to apply in your everyday work.

WHO WE SUPPORT

Shore Psychology works with individuals, leaders, teams and organisations to strengthen wellbeing, performance and culture.

With deep experience of high-pressure, complex environments across a variety of sectors—we are skilled in adapting to the unique needs of people in their own context.



SHORE
PSYCHOLOGY

WHAT MAKES SHORE DIFFERENT

Why organisations choose Shore

- Delivered by qualified, highly experienced psychologists
- Ethical, evidence-based, and inclusive by design
- Deep experience of high-pressure, complex environments
- Practical, efficient and tailored: proven solutions –adapted to you
- A social enterprise, creating positive impact beyond your organisation

HOW WE WORK

- We start with a conversation to understand your situation
- We design support around your people and pressures
- We deliver practical, evidence-based input
- We adapt and evolve as your organisation does

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2 SANDPORT PLACE, EDINBURGH,
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WWW.SHOREPSYCHOLOGY.CO.UK
OR CALL US ON 0131 378 9700

OUR SERVICES

TRAINING & WORKSHOPS

Practical, enlightening, engaging and empowering – our psychologist-led sessions build confidence and capability in your workforce. Core topics Include:

Having difficult conversations

Every workplace involves challenging conversations around performance, change, conflict and feedback, yet many people avoid them or don't handle them as well as they could. This session provides the insights, skills and frameworks to navigate challenging conversations with clarity and care.

Stress Management

Pressure at work is unavoidable, but burnout is not. These sessions help individuals and leaders understand how stress affects wellbeing and performance, recognise the early signs, and build healthy habits to manage pressures, use supports, and achieve sustainable performance.

Resilience in Trauma-Exposed Roles

In some jobs people encounter or hear about distressing situations that goes beyond the norm of everyday life - placing significant unseen strain on wellbeing and resilience. This session supports individuals, teams and leaders to understand the impact of exposure to risk or others' trauma, building self-care and support into the most crucial and challenging roles.

Empowering High-Trust Teams

Teams can only perform at their best when each person feels able to speak up, raise concerns, offer challenge, and contribute fully. This session helps teams incorporate behaviours and practices that create psychological safety – allowing team-members to thrive, and teams to fully leverage their collective capacity.

Neurodiversity Awareness

Up to one in five employees are neurodivergent, many without a diagnosis-without understanding of our differences, strengths are missed, wellbeing and performance suffer, and conflict is inevitable. This session provides clear, practical insights for how workplaces can embrace difference and empower the whole workforce.

Formats range from short seminars to half-day and full-day sessions, tailored to your organisation.

CONSULTANCY

Psychological expertise, when you need it

- Psychological and behavioural insights for leadership and HR teams
- Supporting change management and communication strategies
- Helping you shape policies and practices that work for the organisation and its people

COACHING & TEAM DEVELOPMENT

Helping leaders and teams work at their best

- 1:1 leadership and executive coaching
- Group coaching for boosted co-development
- Team coaching for collective performance

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