

Speaker Profile



Basma Sheikh MSc

DIRECTOR, CORPORATE TRAINING

Helping leaders understand human behaviour, navigate complexity, and build workplace cultures where people and organizations can thrive.

About The Speaker / Speaker Introduction

Basma Tariq Sheikh, MSc, is Director of Corporate Training at Veritas Solutions and a leadership development specialist, organizational psychology practitioner, keynote speaker, conference panelist, retreat facilitator, and workplace culture expert. She helps leaders better understand human behaviour, navigate complexity, and create workplace cultures where people and organizations can thrive.

With more than nine years of experience in learning and development, leadership development, workforce development, and organizational culture, Basma combines evidence-based research with practical workplace experience. She holds a Master of Science in Industrial/Organizational Psychology with a specialization in Leadership Development and an Advanced Certificate in Psychological Health and Safety. Her work spans municipal government, natural resources, energy, healthcare, post-secondary education, social services, Indigenous organizations, regulatory bodies, and the private sector. She partners with executives, HR leaders, managers, and frontline supervisors to strengthen leadership effectiveness, build healthy workplace cultures, and address complex people and culture challenges.

Known for her engaging, relatable, and thought-provoking presentation style, Basma combines organizational psychology, leadership theory, and practical workplace insights to create meaningful learning experiences that inspire action.

Signature Presentations

Presentation Title	Key Learning Outcomes
Psychological Safety Beyond the Buzzwords	Understand what psychological safety looks like in real workplaces; identify behaviours that build or erode trust; apply practical leadership actions that support healthier workplace culture.
Risk-Informed Leadership and Decision-Making	Explore how leaders can make thoughtful decisions in complex people-risk environments; strengthen judgment, accountability, and communication when stakes are high.
Trauma-Informed Leadership	Understand how trauma can affect workplace interactions; apply trauma-informed communication strategies; support employees while maintaining clarity, accountability, and performance expectations.
Difficult Conversations That Strengthen Relationships	Build confidence navigating challenging workplace conversations; use communication strategies that support trust, accountability, and respectful disagreement.
Creating Workplaces Where People Thrive	Explore the relationship between leadership, culture, inclusion, and employee experience; identify practical steps leaders can take to build healthier, more resilient teams.
Additional topics available	Leadership development, respectful workplaces, bullying and harassment prevention, conflict resolution, workplace differences, change and uncertainty, resilience, adaptability, and high-performing teams.

Areas of Expertise

- Leadership Development
- Organizational Psychology and Human Behaviour at Work
- Psychological Health and Safety
- Psychological Safety and Healthy Workplace Culture
- Risk-Informed Leadership and Decision-Making
- Trauma-Informed Leadership
- Inclusive and Respectful Workplaces
- Conflict Resolution and Difficult Conversations
- Employee Experience and Organizational Culture
- Change, Resilience, and High-Performing Teams
- Strategic Facilitation and Leadership Retreats

Ideal Audiences

- HR Professionals and People Leaders
- Executives, Managers, and Frontline Supervisors
- Municipal, Public Sector, and Regulatory Organizations
- Healthcare, Post-Secondary, Social Services, and Non-Profit Organizations
- Indigenous Organizations and Community-Facing Teams
- Natural Resources, Energy, and Private Sector Employers
- Teams Navigating Change, Conflict, Culture, or Leadership Challenges

Available Formats

- Keynote Presentation
- Plenary Session
- Conference Breakout Session
- Panel Discussion
- Webinar
- Executive Retreat
- Strategic Planning Session
- Facilitated Leadership Conversation

Selected Speaking Engagements

Event	Audience	Topic
CPHR BC & Yukon Annual Northern Symposium	HR Professionals	Trauma Informed Workplaces
Alberta Inclusive Growth Conference	Industry leaders, business executives, policymakers and government representatives	Skill Development for an Inclusive Future
ASBOA Annual Conference	HR Professionals, school business leaders, senior administrators in K-12 education	The Art of Courageous Conversations

About Veritas Solutions

Veritas Solutions is an independent professional services firm specializing in workplace and regulatory investigations, people-risk consulting, and professional training. We support HR leaders, executives, regulators, boards, and counsel in high-stakes contexts where fairness, clarity, and defensibility matter.

Booking Information

To inquire about availability, keynote topics, rates, or customization options contact us:

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