



## Trauma-Informed Training

### What is Trauma-Informed Training?

Trauma-informed training brings awareness to the hidden emotional and neurological blockages we all innately hold onto. These affect our communication style, shape our personality, cause unnecessary conflict, and affect connection, trust, and loyalty within the workplace. Our ability to balance home-work life and maintain healthy habits will be reflected by these unresolved internal battles.

Trauma-informed training addresses these struggles and highlights how best to manage them to improve functionality and effectiveness in the workplace as well as increase leadership development.

Trainings will address characteristics of unresolved difficulties in others and oneself, effective communication skills, how to foster an emotionally safe work environment, stress management techniques, and mindfulness.

### Signs Your Organization May Be in Need

#### Workforce signs

Disconnected  
Silent Quitting  
Defensive  
Burnt-out  
Low work satisfaction  
Often late  
Exhausted  
Unresolved conflict  
Miscommunication  
Resentment toward leaders  
Feels overwhelmed  
Feels taken advantage of  
Feels unheard  
Difficulty setting boundaries  
Difficulty being honest  
Low productivity

#### Leadership Signs

Too busy to listen  
Dismissive  
Cold  
Distant  
Closed-off  
Forgetful  
Always in a rush  
Works too much  
Irritated with workforce  
Feels pressured  
Defensive  
Stressed  
Feels unappreciated  
Difficulties focusing

As you can see there are many indicators that trauma is living in the workplace with these emotions and traits in and between leaders and their workforce. In order to bridge the gap to create an emotionally safe work environment it will take active change from both sides and it will take time.



## Training, Coaching, & Consulting

Emotional Intelligence Leadership  
Development

Wellness Workforce Training

Organizational Consulting & Project  
Management

### Other Essential Topics

Expert to Executive Moves

Mindset and Focus

Self-awareness

Self-discipline

Accountability

Conflict Resolution Skills

Emotional Regulation Skills

Workforce Wellness Education

Stress-reduction, Diet, and Health

Mental Health or Wellness Resources

Each training is a basic trauma-informed training structured to the individual needs of the organization and covers the neuroscience, social, and emotional dynamics behind communication, self-reflection, and basic wellness but other essential topics can be included as well.

Ideally 3, all-day trainings are recommended over 3-6 months for leaders and their workforce. 4-hour lunch & learns and single-day trainings are available as well as individual leadership coaching if this aligns with organization needs and goals.

### Individual Leadership Development

We believe the most successful organizations are people-first, where leaders value individual growth and expansion. When we work with individual leaders on emotional intelligence, we work from the inside out to ensure they can move past the blockages which they aren't even aware of. We use neurological and emotional-based techniques to assist in this process so each individual leader will need to be onboard. To reach their highest potential leaders will need to be prepared for active internal change and self-reflection. Coaching usually lasts 6-12 months and weekly sessions are recommended. The more we meet, the more progress we will make.

### Consultation and Program Management

Our vision is for every organization to become masters at gaining customer and staff loyalty through trauma-informed leadership. Our mission is to provide leaders and their staff with the skills necessary to understand and manage trauma and emotions within the workplace; creating an emotionally safe atmosphere where leaders, staff, and clients feel understood, cared for, and safe to be authentic.

Optimal health, wellness, and balance are our top priority to achieving your operational goals. Schedule a consultation now.