

## Trauma-Informed Management

Do you want to become a more effective leader, reduce employee burnout and cultivate a resilient, empathetic workplace? Dive into the world of trauma-informed management. This essential course equips supervisors, managers and HR professionals with the knowledge and practical skills to support your team's well-being and unlock their full potential.

No prior experience with trauma-informed approaches is needed. We'll guide you through the fundamentals, dispel common myths and provide you with actionable tools to implement in your daily interactions.

This course is designed to be interactive, engaging and practical, providing participants with the knowledge and skills needed to effectively lead and support their teams in a trauma-informed manner.

The Trauma-Informed Management program provides training and practice in the skills and techniques you will use to:

- Master the key principles of trauma-informed leadership.
- Recognize the impact of trauma on individuals and teams.
- Apply practical strategies to create a safe and supportive work environment.
- Communicate effectively with empathy and understanding.
- Create a trauma informed action plan to implement with your team.
- Support resilience and mental well-being within your team.
- Navigate challenging situations with confidence and awareness.

## Course Outline

- I. Introduction to Trauma-Informed Management**
- II. Dispelling Myths and Misconceptions**
- III. Implementing Trauma-Informed Practices**
- IV. Building Resilient Workplaces**
- V. Throughout the Course**

---

### **I. Introduction to Trauma-Informed Management**

Learning Outcomes:

- Understanding trauma and its impact on individuals and workplaces
- Recognizing the signs of trauma in the workplace
- Exploring the benefits of trauma-informed approaches for leadership and team dynamics

### **II. Dispelling Myths and Misconceptions**

Learning Outcomes:

- Addressing common myths about trauma and resilience
- Challenging stigmas and stereotypes surrounding mental health in the workplace
- Creating a culture of understanding and support

### **III. Implementing Trauma-Informed Practices**

Learning Outcomes:

- Practical strategies for integrating trauma-informed approaches into leadership styles
- Tools for fostering empathy, active listening and trust within teams
- Case studies and real-world examples of successful implementation

### **IV. Building Resilient Workplaces**

Learning Outcomes:

- Promoting self-care and well-being among team members
- Strategies for preventing and managing burnout
- Creating a supportive environment that encourages growth and development

### **V. Throughout the Course**

Learning Outcomes:

- Interactive discussions and group activities
- Role-playing scenarios to practice trauma-informed communication
- Q&A sessions and open discussions to address specific challenges and concerns