

Trauma & Grief Informed Leaders



Overview

This training helps leaders, professors, and organizational executives understand trauma and grief in the workplace, recognize signs of emotional challenges, and implement actionable steps to support staff and/or members. It emphasizes fostering a sustainable, trauma-informed culture that promotes resilience and well-being.



How This Training Will Benefit You

By participating in this training, leaders will gain practical insights into identifying and addressing grief and trauma in the workplace. You'll learn to recognize signs of emotional distress in staff and/or members and explore leadership practices that foster a supportive, trauma-informed culture. With actionable strategies, this training equips you to create a sustainable approach to managing trauma and grief, ensuring your workplace remains compassionate and resilient. By the end of the course, you'll be empowered to implement meaningful changes that promote well-being and productivity for your team.

Training Objectives

Equip leaders with tools to foster a supportive, trauma-informed workplace.

- Recognize the impact of trauma and grief on employees and performance.
- Explore trauma-informed practices and sustainable workplace strategies.
- Develop actionable steps to support employees experiencing issues with involving trauma and/or grief.
- Emphasize self-care tools for leader resilience and well-being.

Structure

Experience a custom-fit learning journey, scheduled and structured to suit your organization's needs:

- When - A full/half-day/lunch-and-learn that can be adjusted according to your availability.
- Where - Virtual or on-site options to suit your preference
- Content- Content delivery tailored to meet your organization's contextual needs (i.e. unique challenges facing your industry, or a particular work group)