



Trauma at Work

It can happen slowly or suddenly... Whatever the trigger – too much work pressure, accident, toxic cultures or other work-based woes that get to us – traumatic reactions to anxiety-creating events drain, distress and disconnect us, and affect our ability to function effectively

What's Resilience-Based Trauma Training all about?

Resilience and trauma are two sides of the same coin. Building resilience is one of your main trauma-resistance strategies. It's essential for healthy lives and workplaces. *It's a stress buffer and preventative.*

The usual way we handle trauma is to wait until it hits then step-in and deal with it after. ***Resilience-Based Trauma Training*** turns the tables on this by trying to build resilience to boost resistance, at the same time as providing you with a few precautionary trauma-handling and resistance self-help strategies, ahead of time.

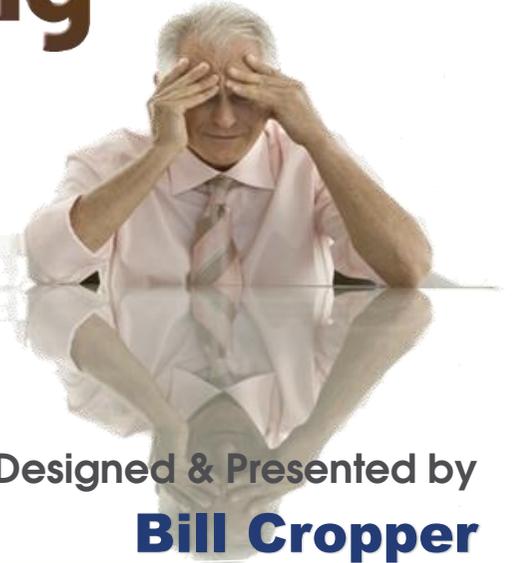
Staff, manager or peer support, the RBTT clinic can help you help yourself and also help others:

- Understand the basic brain biology behind trauma
- Manage and monitor trauma signals and reactions
- Return to the Resilience Zone if trauma unbalances you
- Use self-helps to resist trauma and restore resilience

For managers, it also strengthens your ability to carry out your role as emotional care-taker and trauma-support.

Resilience-Based Trauma Training

A one day trauma first-aid clinic on resilience-building and trauma-resistance self-help and support strategies



Designed & Presented by
Bill Cropper

Why would you come along to this clinic?

- ☑ I want a working knowledge of trauma – its affects and warning signs
- ☑ I care about the well-being of colleagues and staff and want to help them
- ☑ I want to pick-up valuable trauma first-aid tools, tips and strategies
- ☑ I want any staff feeling the effects of trauma to feel safe to seek help
- ☑ I want to be able to look after myself and look-out for my workmates
- ☑ I want ways to build resilience in my teams to reduce and resist trauma
- ☑ I want to be better in my trauma-support and emotional caretaker roles
- ☑ I want to stop trauma being a drain on our resilience and well-being

Find out about our next RBTT clinic dates near you or...

Enquire about on-site options for your workplace...

Contact Bill Cropper:

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✉: enquire@thechangeforum.com 🌐: www.thechangeforum.com



We can come to you... Call us on 0429-687591 for a quote...

Run *Resilience-Based Trauma Training* on-site at work and save

If public dates or locations don't suit, you have 10 or more people interested in attending, or you want to run something more tailored to your team or unit, an on-site clinic may be more economical and better fit your cultural context



Who is this for?

This clinic can be of immense benefit to anyone who wants to pick up a few basic practices to support colleagues or help themselves handle trauma – whether it's incident, accident or work-based, cumulative, direct or vicarious...

It's also for those who already play a part in trauma support or want to lift their ability to be of more potential help – *line managers, leaders, supervisors, OHS or HR co-ordinators, as well as peer supporters.*



What we'll cover in the RBTT clinic...

- Resilience and Trauma at Work
- Trauma triggers, types, events & 'at-risk' factors
- Bodily alarms & nervous system overload
- Using the Resilience-Zone tool to self-monitor
- Using the Resilience-Tester Tool to track yourself
- Trauma-Mapping: how brain, body & emotions react
- Trauma-Tracker self-check: tell-tale signs & symptoms
- Trauma first-aid – 5 self-help resistance strategies
- Re-grounding, recollecting, re-balancing, refocusing
- 5 Resilience-Builders – trauma buffers & preventers
- Trauma toxins, stress & emotional re-balancing
- Support-seeking, engagement & staying connected
- Preparing a Trauma Resistance Action Plan

Another crucial outcome of RBTT is helping leaders in their emotional care-taking role to learn a few practical tools to talk over and assist staff and colleagues who may be having a hard time of it....

➔ RBTT Clinic comes with a *Trauma Self-Help Toolkit and Leader's Support Handbook*. You also get a chance to purchase our Pocket Guide to *Handling Trauma and Building Resilience* for your staff back at work

Your Facilitator...Bill Cropper



As founding director of The Change Forum, I've got more than 20 years' experience of coaching, facilitating, culture change, team-building and leadership learning in many different organisational contexts around Australia.

While I've specialised in organisational behaviour, work-process redesign and self-directed teams, a good bit of my work over the past fourteen years has centred on helping people build emotional and social intelligence capacities to create more caring, compassionate cultures.

That's where my involvement in trauma self-help springs from. Emotional intelligences such as self-management, resilience, mindfulness and focus have a lot to do with what inspired me to create the *Resilience-Based Trauma Training* clinic, and the personal pocket guide on *Building Resilience & Handling Trauma* that accompanies our clinic.

I've also noticed over the past decade that workplaces seem to spawn more 'busyness cultures' full of stress, pressure and toxicity: where erratic behaviour becomes a breeding-ground for all sorts of work-based trauma. I hope your culture's avoided most of these alarming trends.

I'm starting to put a good deal of this down to the effects of trauma – workload stress, toxicity, burn-out or more insidious past incidents we sum up as 'adverse childhood events'. For me, resilience and trauma inter-lace in a dance of repair-and-despair and I'm committed to helping you find ways to self-help and support others.



REGISTER or ENQUIRE on-line or by Email

Includes • Trauma Self-Help Toolkit plus lunch and refreshments
Cost • Pricing, venues, timing on website, email notices or **contact us** to enquire
Dates • See our online course calendar or **contact us** to enquire

Please Note • This first-aid, self-help clinic for trauma-support is not to be mistaken for proper clinical, procedural or therapy-based trauma-care which are beyond its scope. It's also not to be seen as a substitute for professional trauma counselling.

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