



Trauma-Informed Leadership

evolve ● awaken ● grow



course description and pricing 2023



Generating powerful solutions in a positive environment.

As Certified Counsellors and Professional Coaches, Moving the Human Spirit is pleased to be able to offer the groundbreaking Trauma-Informed Leadership training.

Our founders Brad Hardie and Susan Hogarth have reshaped the field of trauma-informed coaching, designing the first trauma-informed coaching program to be accredited by the International Coaching Federation (ICF).

United by our mission *to move the human spirit* through conversation – one person, one family and one community at a time – we have spent the last decade helping clients look through the lens of trauma in a completely different way.

We invite you to bring a trauma-informed focus to your organization, business or community.





Trauma-Informed Leadership

Moving the Human Spirit is pleased to offer ground-breaking leadership training with our latest course – Trauma-Informed Leadership. This course offers a unique opportunity for Leaders who want self-awareness and to gain confidence to recognize when individuals are experiencing or have encountered a traumatic event that is impacting or preventing them from moving forward.

Trauma-Informed Leadership consists of six sessions lasting 3 hours each.

Program Tuition: \$1385 CAD

All prices are in Canadian dollars and are subject to change with out notice. Tax not included.

What is Trauma-Informed Leadership?

Trauma-informed leadership is a knowledge-based practice that incorporates the emotional, cognitive, and somatic aspects of an individual's experience. Trauma-informed leaders create environments that nurture post-traumatic growth by recognizing trauma's presence and holding the space for processing distress. They help build resilience in being able to regulate emotional intrusion and give compassion around the narrative of trauma and how it shows up.

Learning Outcomes:

The course develops competencies that can be applied immediately using a coaching culture approach, including:

- Creating trust and safety
- Listening Effectively
- Understanding Trauma-Informed presence
- How to have conversations when trauma's present
- Using a positive feedback framework
- Recognizing wellness
- Effectively working as a Trauma-Informed leader





Who is Trauma-Informed Leadership For?

Leaders from all walks of life are welcome to participate in this program to deepen their skills in the Trauma-Informed lens.

- Organizational Leaders including HR, CEOs, C-Suite Executives, and other Managers.
- Community Leaders including parents, teachers, social workers or anyone working with children/young adults and/or vulnerable populations.
- Individuals and professionals who want to increase their skills, tools, and knowledge in the area of Trauma-Informed Leadership to support their clients, teams, and communities.

Still have questions about becoming a Trauma-Informed Leader?

We would love to support you on your journey!

Call 604-866-7963 or email susan@movingthehumanspirit.com



Call 604 866 7963 today for more information!

susan@movingthehumanspirit.com

www.traumainformedcoaching.com www.movingthehumanspirit.com