



# Trauma-Informed Foundational Training

## Build a strong foundation for change.

Trauma-informed systems change is a proven method for improving outcomes and increasing resilience. Trauma-informed work involves building and embedding evidence-based frameworks that shift perspectives to achieve large-scale changes in organizational and community cultures.

Shared knowledge is the first step toward lasting cultural change. Chefalo Consulting's Foundational Training delivers that knowledge, and it doesn't stop there.

Throughout a 3-day training event, participants will learn key concepts, gain and use trauma-informed tools, build their community, and become powerful catalysts for change work.

Chefalo Consulting's Trauma-Informed Foundational Training is ideal for leaders and front-line staff who are ready to achieve lasting, sustainable systems change in their organizations; however, everyone is welcome.

Trauma-informed change work is personal development work at its core. If you're ready to improve your life, this program is for you.

Learn more at  
[www.chefaloconsulting.com](http://www.chefaloconsulting.com)



## Comprehensive Course Content

- trauma-informed systems change models
- SAMHSA's 6 Guiding Principles, the Sanctuary 7 Commitments & living our core values
- mindfulness & grounding exercises
- community-building & community care
- understanding trauma & its impact
- neurobiology, epigenetics, ACEs & resilience (N.E.A.R. Science)
- organizational chronic stress, burnout, vicarious trauma & compassion fatigue
- self-designed resilience & PCEs
- creating safety at work & home
- discussing feelings at work
- employee wellness, self-care & team care
- the trauma-informed coaching model
- structural violence & racial trauma
- cultural humility, resisting violence & supporting a diverse workforce (DEIB)
- parallel processes, collective disturbances & behavior modeling
- the trauma-informed paradigm shift
- the reenactment & empowerment triangles
- next steps & how to shift your culture





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3-Day Event | 24 hours of content

## Our Group Norms

*All participants make their best effort to abide by our group norms. When we fail, we gently and kindly hold one another accountable and revisit our norms.*

**Confidentiality.** We share the lessons we learned, and we do not share others' stories without permission. We can be vulnerable and confide in one another.

**Speak your truth.** Our lived experiences, emotions, and beliefs are real, valid, and meant to be shared with others. We speak from "I" statements and are honest.

**Lean into discomfort.** We will have hard conversations. We will also have fun, be silly, and lean into each other. In this discomfort, there is growth.

**Commit to non-closure.** There will be more questions than answers. Change work is messy and slow without picture-perfect solutions.

**Embrace paradox.** Two things can be true at the same time. We resist either/or thinking and choose to say "Yes, AND" whenever possible.

**Seek intentional learning.** Mistakes are the hallmark of learning. Our goal during class is intentional growth, not perfection. In this space, mistakes are not punished.

## Participants Should Expect...

**Engaging discussions.** Powerful questions will open doors, and we will teach you how to have difficult conversations.

**Participation.** Our training events have a high level of community engagement. We will build resilience, relationships, and skills on the spot.

**Vulnerability.** Talking about trauma and emotions can bring a lot to the surface. We encourage you to take care of yourself.

**Support.** We cannot do this work alone. We provide support during and after training.

**A challenge.** Change work is difficult and important. This course will challenge you.