Trauma-Informed Coaching IN TIMES OF CRISIS



evolve • awaken • grow

www.traumainformedcoaching.com



WELCOME NOTE



BRAD HARDIE

Co Founder, Director of Education

MCC, CTP, MNLP, EQ-I, TICC

Trauma-Informed Coach Certified

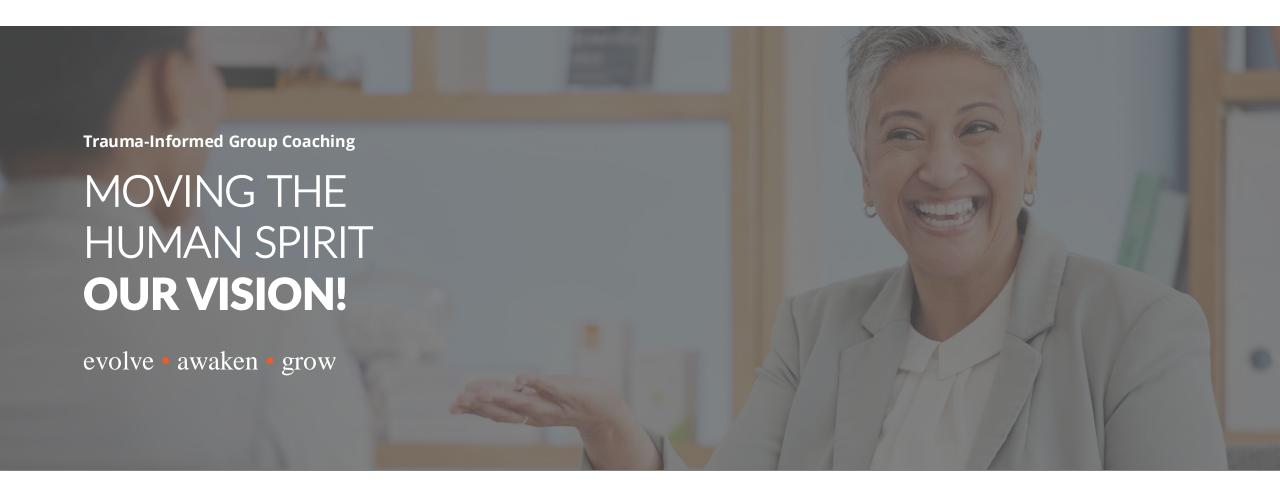
Certified Trauma Counsellor,

Certified Trauma Professional (CTP)



SUSAN HOGARTH

Co Founder, Client Manager
PCC, ECPC, MNLP, EQ-I, TICC
Trauma-Informed Coach Certified
Certified Trauma Counsellor,
Coaching Culture Initiatives
Introduction to PTSD (McGill)



ABOUT US

A **Global Leader** in trauma-informed coaching certification
Worlds first **ICF Accredited** trauma-informed coaching courses
Actively working with **Trauma Survivors** and their families



WHAT IS

Trauma-Informed Coaching?

Trauma-informed Coaching occurs when the coach comprehensively understands trauma, how it manifests during sessions and the appropriate ways to respond within the established coaching boundaries and contractual agreements. This approach ensures that the coach is equipped to recognize the signs of trauma and its impact on the client's behavior and responses. The coach creates a safe and supportive environment that fosters trust and healing by being mindful of these aspects. Trauma-informed coaching emphasizes the client's emotional and psychological well-being, promoting resilience and empowerment while adhering to ethical guidelines and respecting the client's experiences and strengths.



PURPOSE: APPLYING THREE ICF CORE COMPETENCIES



- CULTIVATES TRUST & SAFETY
- LISTENS ACTIVELY
- MAINTAINS PRESENCE





CULTIVATES TRUST & SAFETY: A TRAUMA-INFORMED LENS



Importance of Psychological Safety

- Trust and Vulnerability
- Reducing Re-traumatization
- Encouraging Authenticity
- Fostering Empowerment
- Supporting Growth and Change
- Enabling a Trauma-informed Approach



"The most important thing in communication is hearing what isn't said."

PETER DRUCKER

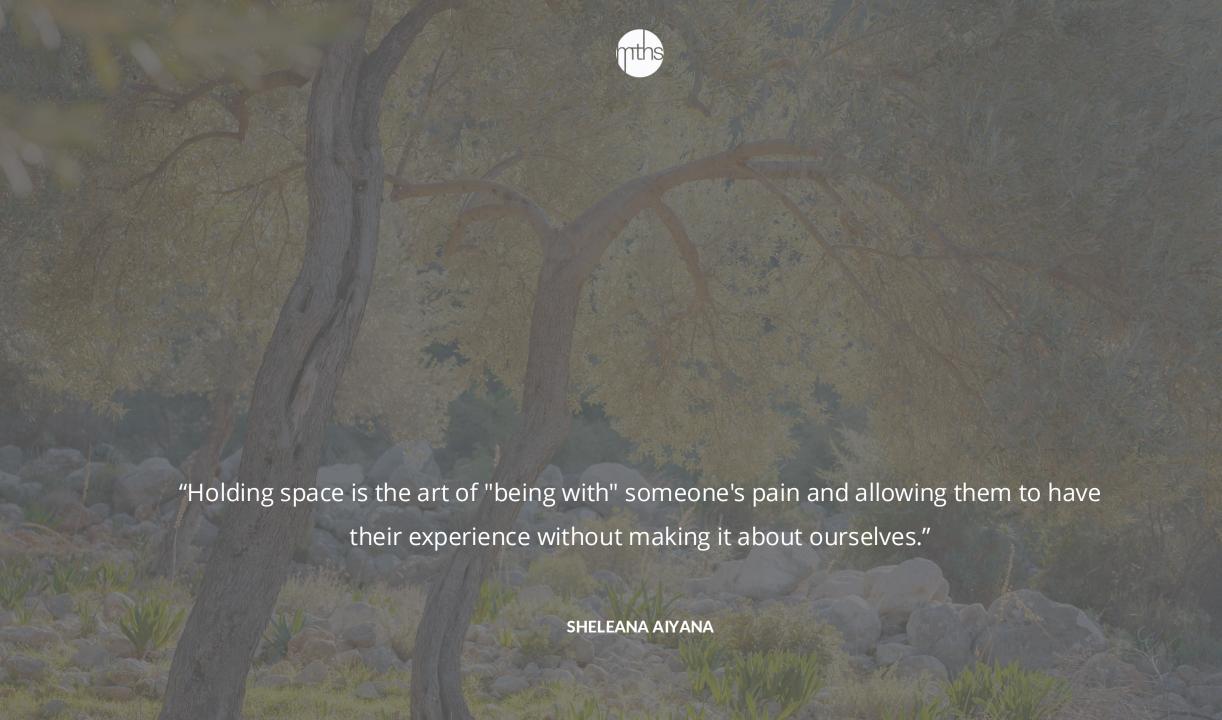


LISTENS ACTIVELY: A TRAUMA-INFORMED LENS

Redefining Active Listening

- Listens for Unspoken Message
- Listens with Sensitivity
- Attunement
- Understanding Emotions
- Mindful Silence
- Somatic Cues







MAINTAINS PRESENCE: A TRAUMA-INFORMED LENS



Presence in Trauma-informed Coaching

- Observer/Witness
- Being Focused Amid Intense Emotions and Heavy Narratives
- Balance Empathy and Maintaining Professional Boundaries
- Breath Work for Regulation
- Self-Check-ins
- Reflective Practices



CAN WE HAVE A VOLUNTEER?







CLOSING COMMENTS

