

Trauma-Informed Coaching

IN TIMES OF CRISIS



evolve • awaken • grow

www.traumainformedcoaching.com



Moving the Human Spirit

WELCOME NOTE



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MCC, CTP, MNLP, EQ-I, TICC
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Trauma-Informed Group Coaching

MOVING THE HUMAN SPIRIT **OUR VISION!**

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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.



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PURPOSE: APPLYING THREE ICF CORE COMPETENCIES



- CULTIVATES TRUST & SAFETY
- LISTENS ACTIVELY
- MAINTAINS PRESENCE



"If we do not trust one another, we are already defeated."

ALISON CROGGON



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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



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LISTENS ACTIVELY: A TRAUMA-INFORMED LENS

Redefining Active Listening

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





“Holding space is the art of "being with" someone's pain and allowing them to have their experience without making it about ourselves.”

SHELEANA AIYANA



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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



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CAN WE HAVE A VOLUNTEER?



A man with a beard and short dark hair, wearing a white button-down shirt, is shown in profile from the chest up. He is looking out of a window with a blurred cityscape in the background. His right hand is resting on his chin, suggesting a state of deep thought or contemplation. The overall tone is contemplative and intellectual.

ARE THERE ANY
UNANSWERED
QUESTIONS?

EVERYTHING BELONGS.



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CLOSING COMMENTS

01 DISCOUNT CODE '**ICF100**'

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