



WAY ENOUGH

DECISION COACHING

Science-informed ideas for trauma-informed communities...

Way Enough Decision Coaching delivers expert training, coaching, and strategy for people who are making waves, serving clients, or want to build trauma-informed communities. We know that past experiences affect future decisions. Topics may include the Adverse Childhood Experiences (ACEs) study, impacts of toxic stress, organizational dynamics, employee and staff resilience, trauma-informed outreach to target populations.

Bringing trauma-informed approaches to social problems improves cohesion and function of teams, program staff, and system administrators. ACEs and trauma training can build capacity across all levels of a system by linking concepts with coaching and support around issues related to safe communication, resilience, empathetic management, modeling self-regulation, and staff self-care.

Mixing candor with intuitive expertise, our empathetic approach turns chaos into growth.

Trauma-informed practice operates from the premise that adversity and toxicity happen to everyone and that when people are in survival mode, they struggle to produce or think strategically. Whether that trauma and adversity occurred early in life or very recently, lived experiences affect workplace and program dynamics.

Trauma-informed organizations plan and implement operations and communications in a way that recognizes where people have come from and how that may impact their behavior. Trauma-informed practice leads with compassion and intention so teams function well and communities improve wellbeing.

AREAS OF WORK

- Trauma-informed approaches to systems change
- Youth-driven prevention
- Strategic communication for prevention & public health
- Executive & team coaching

OUR CLIENTS

PREVENT! Coalition
Vancouver Public Schools
Clark County Sheriff's Office
WSALPHO
Clark County Public Health
Institute of Flight @ Boeing
Human Services Council

CURRENT PROJECTS

- Making the Connection: A Toolkit to Talk w/ Youth About Marijuana
- Weed Can Wait™ Video & Graphics Contest
- Connect Evergreen Coalition for Youth Prevention
- "Twist™" - Trauma-Informed Workplace Self-Test
- ACEs & Resilience Training for:
 - ✓ Early learning staff
 - ✓ Secondary teachers & para-educators
 - ✓ Corrections deputies

OUR VISION

We envision communities where trauma and adversity are met with knowledge & compassion.

We envision leaders who see people as complex and ever-changing; and who build healthy systems that are accommodating to the human spirit.

We envision people that are equipped to manage change through resilience and empathy.