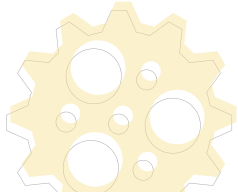




origins

TRAINING

CONSULTING

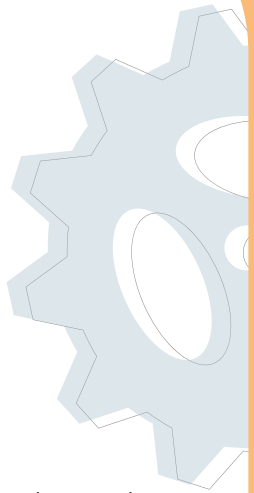


What does being Trauma-Informed actually mean?

Origins offers **interactive** training and coaching sessions that teach **skills** in how to integrate this **shift in perspective** into your everyday personal and professional life

We use **simple** language that translates how **toxic stress** affects **health**, including impacts on the body, brain, behaviors, and emotions.

We encourage **cross-sector** partnerships to support sustainable **culture** shift and **accountability** at all levels within an organization.



We focus on increasing individual **awareness** and building **resilience** to decrease **compassion fatigue** and other symptoms of toxic stress.

The science of adversity and resilience shifted the paradigm to explain how our experiences and environment affect our body, mind, and emotional well-being. Our training, *The Basics*, is a half-day session that covers the essential elements for translating the science of adversity and resilience into everyday application for organizations and communities.



Contact Us

info@originstraining.org

480.779.0380

originstraining.org



The Adverse Childhood Experience Study

How did this study change the way we think about health and social outcomes?

The Body & Brain

How does adversity affect the body, behaviors, thoughts and emotions?

Social & Historical Trauma

How does adversity across generations affect families and communities?

Resilience

How does building resilience help heal the impact of adversity?

The Basics

Essential Elements to Get Started

©2017