

The Basics Essential Elements To Get Started

Heard about a trauma informed approach but want to know what it all means? Join us online in *The Basics*, a 90-minute training session that provides an overview of the key concepts behind a trauma-informed approach. You will be introduced to the foundational concepts and develop a shared language that can be used across a variety of sectors, including healthcare, education, law enforcement, social services, child welfare, criminal justice, and many more.

The Adverse Childhood Experiences Framework Social & Historical
Trauma

The Body & Brain

Resilience

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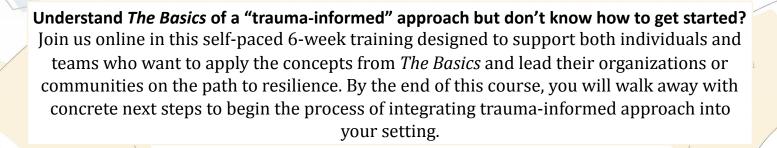
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Completion of The Basics sets the foundation for The Resilience Champion Certificate. You will receive \$50 off the Resilience Champion Certificate upon completion of The Basics!



The Resilience Champion Certificate

Move From Aha! to Action



Section 1

What is a Resilience Champion?

Section 4

Assessing Your Setting

Section 2

Exploring Your Why

Section 5

Defining Your Goals

Section 3

Developing Your Culture

Section 6

Focusing on an Action Plan

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*group rates available

