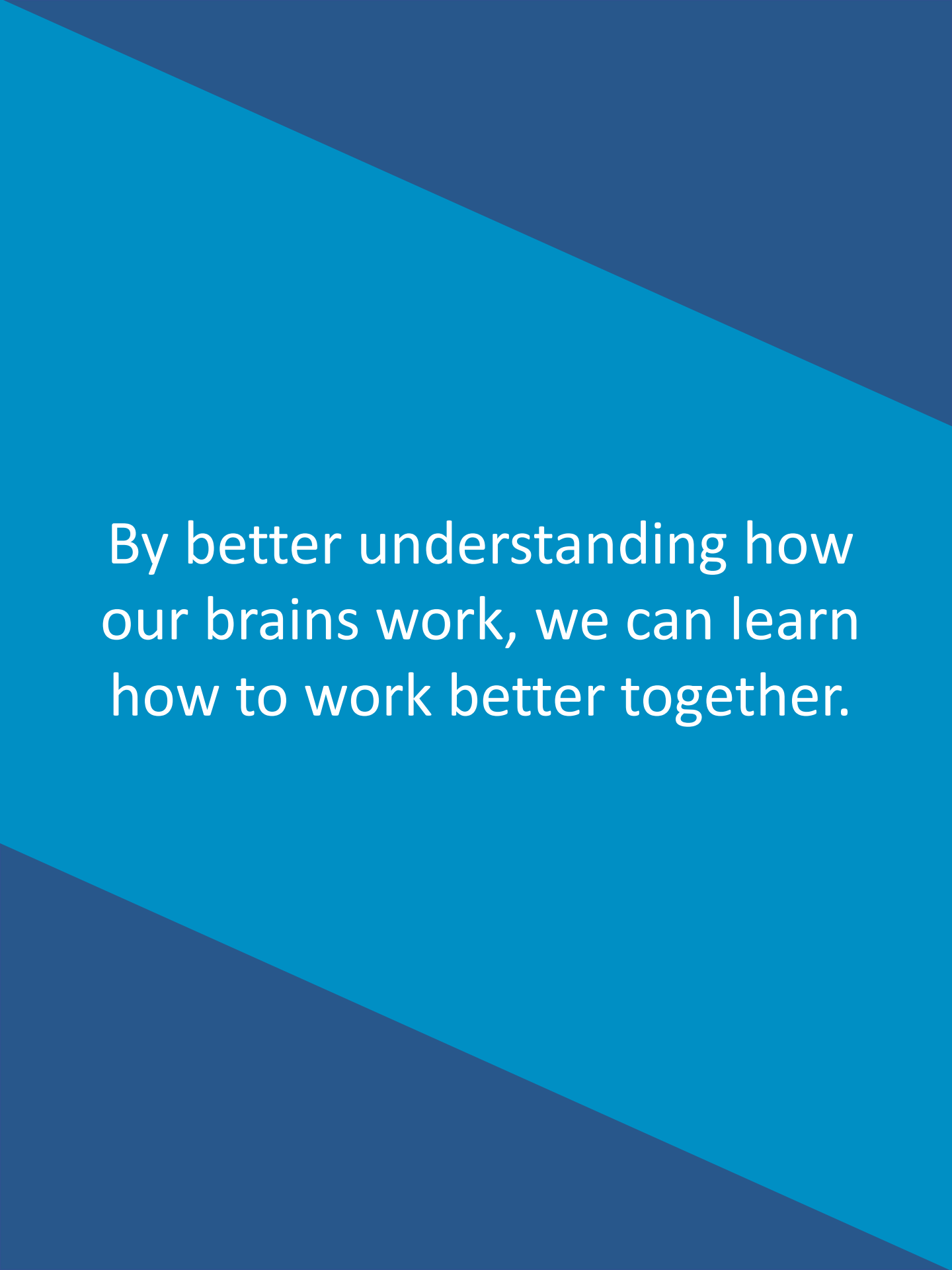




NEURO
LEADERSHIP ACADEMY

Trauma-Informed Leadership Certification



The background consists of two large, overlapping geometric shapes. A large, bright blue triangle points downwards from the top-left corner, covering most of the frame. A smaller, dark blue triangle is positioned in the top-right corner, partially overlapping the bright blue one. The text is centered within the bright blue area.

By better understanding how
our brains work, we can learn
how to work better together.



8 Sessions

The series contains eight separate sessions. All are designed to help participants harness the immense power of neuroscience.

24 Hours

Each of the eight sessions in the series is roughly three hours in duration, for a total of 24 hours of instruction.

3 Formats

The series will be offered in person, in select locations and virtually. In the future, we will offer the series on demand.

Trauma-Informed Leadership Series

Series Introduction



The science supporting the series

Neuro-Mechanisms



How our brain does what it does

Neuro-Collaboration



The teambuilding prowess of the brain

Neuro-Learning



Building a culture of learning



Neuro-Communication



What your brain is telling you to say

Neuro-Insight



Empathy from the inside out

Neuro-Tasking



The science of getting things done

Neuro-Accountability



Helping others be responsible for their actions



The Trauma-Informed Leadership Series is an offering of the:

NEURO
LEADERSHIP ACADEMY

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Trauma-Informed Leadership Series

The trauma-informed movement has made us aware of the impact of our individual experiences on our own brain. Yet, the impact of our brain on our everyday experiences has not been completely explored.

Understanding how the brain works, and the implications on how people think, feel, and act, can transform the way you lead others. In

this new training series, Community Resilience Initiative challenges old stereotypes about trauma and brain function

based on recent neuroscience discoveries.

The Trauma-Informed Leadership series contains eight (8) separate sessions for individuals to help them harness the power of neuroscience.

The ***Series Introduction*** and ***Neuro-Mechanisms*** are prerequisites for the series. The other sessions can be taken out of sequence. Each session was designed to help individuals gain sought-after leadership

This series is ideal for anyone looking to learn more about the relationship between trauma, neuroscience, and leadership.

skills with a focus on the emerging science.

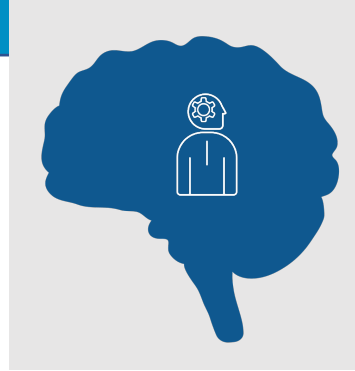
Leaders must understand the human experience before they can improve the human experience.

SERIES INTRODUCTION



Most trauma-informed training addresses trauma's impact on the brain. However, emerging neuroscience suggests that it is the brain's impact on trauma that is more foundational. We use the term "Neuro" to represent the complex interaction between cells in the brain and cells throughout the entire nervous system. This introduction explains how the brain's predictive process contributes to the phenomena of trauma and resilience.

NEURO-MECHANISMS



Our brains don't work the way we think they do. The magic of the brain is not found in the parts it is made of, but in the way those parts work together. We think we see the world and ourselves as we really are, but we miss quite a lot and inaccurately assume a great deal more. This session is about the brain and neural mechanisms the brain uses to help us navigate our world. This session serves as an essential foundation for the remainder of the series.



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Leaders should not only help people feel pleasant, but also help them avoid feeling unpleasant.

NEURO-COLLABORATION



In the workplace, our brain is constantly determining whether someone is a “friend or foe.” Unfortunately, the brain defaults to foe in most cases. It can take leaders quite some time to move individuals from the foe to friend zone. Thankfully, the brain also has an innate ability to connect and collaborate. This session focuses on the key leadership skill of buffering the effect of the “foe feelings” by utilizing the brain’s collaboration mechanisms.

NEURO-LEARNING



Cognitive scientists argue that we survive and thrive despite our mental shortcomings because we live in a rich culture of knowledge. Our brain’s ability to draw on information and expertise retrieved from the environment is paramount to learning. This session illustrates that the key to our learning lies in the people and things around us. Participants will review the latest research on cognitive science and learn to implement strategies that reach diverse learners .



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Leadership is defined through the lens in which others see you.

NEURO-COMMUNICATION



Communication is a key component of an effective leader. That's where the four communication styles come in. The four communication styles categorize how people communicate. The problem is, if you only focus on someone's communication style, you run the risk of missing the big picture. You can better support your team members and their communication by understanding the neural mechanism that influences someone's communication style instead of just focusing on its effect.

NEURO-INSIGHT



Empathy is described as the ability to perceive and relate to the thoughts, emotions, or experiences of others. However, science is clear that if we don't understand the neural mechanism that underpin our own perception, thoughts, and emotions, we are in danger of misconstruing those of others. The consequences of this can lead to many unfortunate outcomes. Drawing on cutting-edge neuroscience, this session sheds light on the skill of developing genuine insight into others. The type of insight that has been shown to increase performance and enhance relationships.



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Leadership lies in the gap between knowledge and action.

NEURO-TASKING



Daily life is full of small and large tasks that need to be accomplished. Cognitive scientists are continuing to investigate how our brain converts billions of firing neurons into concrete plans to accomplish these tasks. Understanding this neural process can result in tremendous benefits. This session is an engaging introduction to the neuroscience of how we get things done and achieve our goals.

NEURO-ACCOUNTABILITY



Leaders are also responsible for creating a culture of accountability within their team. Accountability is an essential leadership skill. If team members fail to meet their goals or organization's expectations, it is up to the leader to hold them accountable. This session focuses on the science-based strategies of building motivation around organizational norms and expectations.



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