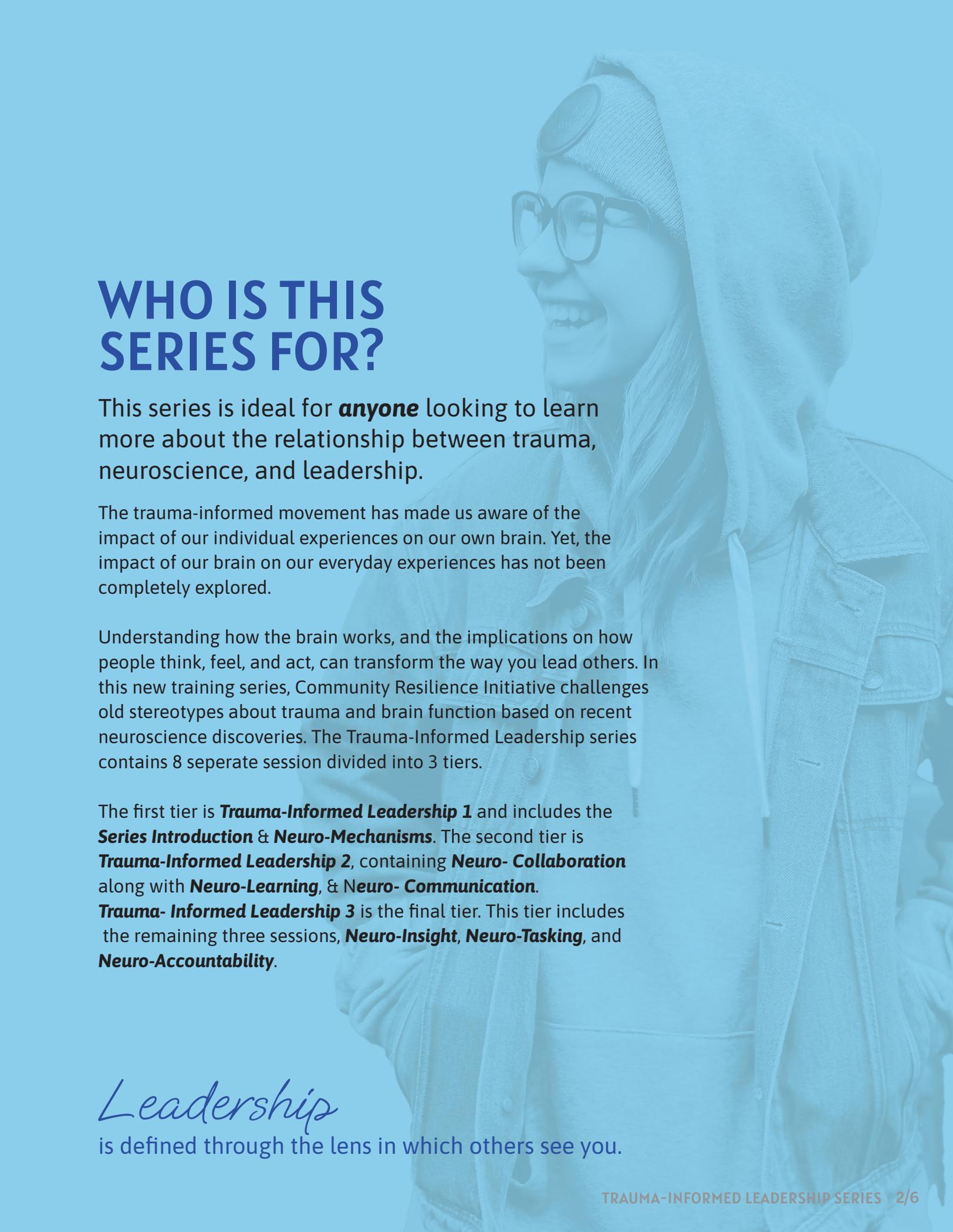




TRAUMA-INFORMED LEADERSHIP CERTIFICATION



WHO IS THIS SERIES FOR?

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

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 8 separate sessions divided into 3 tiers.

The first tier is **Trauma-Informed Leadership 1** and includes the **Series Introduction & Neuro-Mechanisms**. The second tier is **Trauma-Informed Leadership 2**, containing **Neuro- Collaboration** along with **Neuro-Learning**, & **Neuro- Communication**. **Trauma- Informed Leadership 3** is the final tier. This tier includes the remaining three sessions, **Neuro-Insight**, **Neuro-Tasking**, and **Neuro-Accountability**.

Leadership

is defined through the lens in which others see you.

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

24 HOURS OF INSTRUCTION

The series includes **24 hours** of instruction that is divided into **3 tiers**.

Each tier contains **8, 3 hour sessions** that are designed to help participants harness the immense power of neuroscience.

TIER 1



1. INTRODUCTION

The science supporting the series.



2. NEURO-MECHANISMS

How our brain does what it does

TIER 2



3. NEURO-COLLABORATION

The teambuilding prowess of the brain



4. NEURO-LEARNING

Building a culture of learning



5. NEURO-COMMUNICATION

What your brain is telling you to say

TIER 3



6. NEURO-INSIGHT

Empathy from the inside out



7. NEURO-TASKING

The science of getting things done



8. NEURO-ACCOUNTABILITY

Helping others be responsible for their actions

Upon **completion of each tier**, participants are conferred an **autonomous credential** valued by industry professionals.

ABOUT OUR 8 SESSIONS



1. 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.



3. 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.



2. 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.



4. 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.

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

ABOUT OUR 8 SESSIONS CONTINUED



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-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-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 underpins 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. This type of insight has been shown to increase performance and enhance relationships.



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.

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

WE LOOK FORWARD TO
**TRAINING
WITH YOU.**

To register, visit:

CRIResilient.org/Training

The Trauma-Informed Leadership
Series is an offering through:



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LEADERSHIP ACADEMY

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