



Trauma Invested Communication

Effective communication approaches are critical to establishing and maintaining relationships. And when dysregulation or disconnection occurs and someone goes - or both of you go - to the downstairs brain, effective communication, grounded in self-regulation, purpose, and connection, might be the only thing that can save you!

Intentional Communication is essential when trying to create a culture of safety for your staff and students and families. Communication struggles and breakdowns are often the key culprits of impact on the creation of the nest and often key focuses of our consultation with buildings, districts, and settings.

We will review our mindsets and ways to work with the mindsets of those we serve and how those can impact connection and safety. We will explore our roles and ways we can help reframe and support repair following a disruption or a break in communication. We will talk through the steps to trauma invested communication and provide some strategies for support.

Join award winning author Kristin Souers as she leads you through a training on best practices for Trauma Invested Communication.