



Equip your staff with the skills and strategies to support themselves and others impacted by trauma

# Workplace Trauma Awareness



This workshop increases the understanding of unresolved trauma. Participants learn to recognize the trauma response in themselves and others and how to seek help.

The workshop recognises that extremely stressful events happen and may have a lasting impact. Participants learn the importance of creating safe environments including routine, connection and communication.

**Suitable for:** front of house, service delivery teams, supervisors and management

**Customised to:** address the specific operations of individual workplaces and/or the impact of specific mental health experiences

**Delivered by:** trained educators and guided by the MIEACT DoNoHarm safe story telling framework.

**Fee:** \$1200 EX GST per session with up to 15 participants

## This program will benefit your workplace by:

Preventing crisis situations by empowering staff to respond and communicate effectively to trauma.

Preparing your organisation to identify the trauma response to minimise long term impacts

Developing a workplace that understands the differences between performance and a trauma response and introduces modifications that create safe work environments.

## By the end of the session staff will:

Know about unresolved trauma and have an increased understanding of available treatments and ways to seek help

Know how to decrease escalation and communicate effectively with those who have experienced trauma

Be able to identify people at risk of trauma, possess positive coping strategies and know how to apply them

Understand the importance of social connectedness

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