Creating Safe Spaces
– Trauma Informed Services and Workplaces with Hopscotch

In today's dynamic workplace, fostering environments that prioritise employee well-being is essential. Acknowledging the prevalence and impact of trauma on individuals raises a critical need for organisations to integrate trauma-informed approaches into their culture and structures.

Why we should recognise and respond to trauma, and how simple changes in approach can make a big difference -

- **Empowerment and support** – Trauma can manifest in various forms, affecting employees' mental, emotional and physical health. By cultivating trauma-informed workplaces, organisations empower employees to feel understood and valued

- **Enhanced productivity** – Addressing trauma reduces potential triggers that may impede productivity. Employees are better equipped to manage stressors and focus on their tasks when they feel psychologically safe

- **Reduced turnover and absenteeism** – Trauma informed practices contribute to higher job satisfaction and lower turnover rates. Employees are more likely to remain loyal to organisations that prioritise their well-being, leading to reduced absenteeism and associated costs

- **Improved team dynamics** – Understanding the impacts of trauma fosters empathy and compassion among colleagues. This facilitates healthier interpersonal relationships and a collaborative work culture built on trust and mutual respect

- **Compliance with legal and ethical standards** – Creating trauma-informed workplaces aligns with legal and ethical responsibilities to provide safe and supportive environments for employees. Organisations that neglect this aspect may face legal repercussions and damage to their reputation

Embracing trauma-informed practices isn't just a moral imperative but a strategic necessity for modern workplaces. By prioritising employee well-being and fostering inclusive environments, organisations can achieve greater productivity, retention, and overall success.

Curriculum Outline

- Introduction to trauma
  o Understanding trauma and its impact
  o Identifying common signs, symptoms of trauma and PTSD
  o Stigmas and misconceptions associated with PTSD
  o Trauma physiology
  o Building resilience and self-care

- Trauma-informed workplaces
  o Understanding how trauma may manifest in the workplace
  o Trauma-informed guiding principles
  o Creating a trauma-informed environment at work

- With case studies to illustrate real-world examples and facilitate practical application of the concept

Join us as we explore with experts, the vital role of empathy in shaping workplaces where every voice is heard, and every individual is valued.

Hopscotch Training Fees	
Particular	**Half a Day**
Online - max 15 participants	
VCS	£250.00
Statutory Bodies	£300.00
Corporates	£500.00
In person - max 15 participants (excluding travel expenses)	
VCS	£400.00
Statutory Bodies	£500.00
Corporates	£600.00