

# TRAUMA INFORMED FUTURES



Your weekly pulse on trauma-informed practice & progress

**TRAUMA INFORMED SOLUTIONS™**  
Training the Future to Heal the Past.

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## EXPLORE SOME OF OUR CPD ACCREDITED COURSES

All courses are CPD accredited and include trauma-informed support materials

- Train the Trainer Trauma Informed course: 4-days Nov/Jan
- Building Resilient People course: 1-day September - December
- Trauma Informed Professional Curiosity and Exploitation course: ½-day November- December

**BOOK NOW**

## DID YOU KNOW...?

**Trauma Informed Principle:**  
Safety



### Fast Fact:

Research shows that even classroom lighting and seating arrangement can influence a child's sense of safety—and that directly affects learning and behaviour.



## CONNECT WITH US

Trauma Informed Solutions are committed to safety, empowerment, and accessible practice across sectors.

Learn more:

[www.traumainformedsolutions.co.uk](http://www.traumainformedsolutions.co.uk)

Contact:

[info@traumainformedsolutions.co.uk](mailto:info@traumainformedsolutions.co.uk)

Join the conversation—follow along, reach out, or collaborate.

Lets stay connected - follow us on



*With care—for ourselves, each other, and the work ahead,*



*Sally and Jo*



## WHERE PRACTICE MEETS PEOPLE: EDUCATION EDITION



### “Building Resilience Through Trauma-Informed Teaching”

Schools are more than places of learning—they're relational ecosystems where emotional safety shapes futures. Trauma-informed approaches create conditions for resilience to grow, and research shows that relationship-focused teaching and stable environments support healing and improve behaviour. When students feel seen, secure, and cared for, they're more likely to engage, learn, and thrive—academically and emotionally.

To read the research, click here

