

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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DEEPEN YOUR PRACTICE: CPD COURSE SPOTLIGHT

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

Trauma Informed Train the Trainer
Course Nov 2025 and Jan 2026
It's not training. It's transformation—
press play to learn more



BOOK NOW

🔍 DID YOU KNOW...?

Trauma Informed Principle:
Collaboration and Mutuality



Fast Fact:

Mirror neurons activate during teamwork — shared effort literally rewires brains for empathy and connection.

📧 CONNECT WITH US

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

🔗 Learn more:

www.traumainformedolutions.co.uk

✉ Contact:

info@traumainformedolutions.co.uk

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

Let's stay connected - follow us on



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



WHERE PRACTICE MEETS PEOPLE: HUMAN RESOURCES EDITION



“Framing trauma as a strategic priority, not just a wellbeing add on”

Trauma-informed HR goes beyond policy — it builds psychological safety into the fabric of workplace culture. Inclusive practices, emotional literacy, and empathy-led leadership reduce harm and improve retention. When people feel safe to show up as themselves, organisations thrive. Trauma-sensitive policies also reduce burnout and enhance relational trust.

To read the research, click here

