

LANGUAGE
AND THE
POWER of WORDS

A LEARNING &
GROWTH MINDSET
- ON GOING
JOURNEY

TO SEE
BEHAVIOUR AS
COMMUNICATION
& THROUGH A
TRAUMA LENS
TO BE
CURIOUS

TO MODEL THE
MODEL and
LEAD by EXAMPLE

INFUSE & WEAVE THE TRAUMA
LENS, IDEAS & PRINCIPLES INTO
ORGANISATIONAL AREAS

(INC TEAM MEETINGS, RECRUITMENT,
SUPERVISION, CARE REVIEWS, THE
ENVIRONMENT, PRACTICE, LANGUAGE,
ETC.)

BE MINDFUL OF
RE TRAUMATISING & HARMFUL
PRACTICE - BE TRAUMA
REDUCING INSTEAD OF
INDUCING (TREISMAN)

TO STOP
& THINK!
REFLECT
INSTEAD
OF REACT

HOPEFULNESS
AND
HAVING MORE
of a
STRENGTHS-
BASED VISION

NEW AWARENESS,
REFLECTIVENESS
& CONFIDENCE

RECONNECT
TO MY
VALUES & WHY
I DO WHAT
I DO

MORE HUMAN

MOVING AWAY
FROM MEDICAL
& PROBLEM
SATURATED
LANGUAGE
& WAYS OF
THINKING

COMMITMENT
TO
MULTI- AGENCY
WORKING

HAVE THE
WORDS TO
ARTICULATE
WHAT I DO

TO BE ABLE TO
SPEAK UP, INFLUENCE
OTHERS, SUPPORT
OTHERS & BE A
HOPEFUL DISRUPTOR

BE MORE
CREATIVE
AND
INNOVATIVE

EMPHASIS ON
CONNECTION
and the
RELATIONSHIP -
HUMANISE

MORE RESPECT
& HONOUR FOR
OTHER AGENCIES
& ROLES

DIFFERENTIATING
BETWEEN TOKENISTIC
TRAUMA PRACTICE
& INFUSED INTEGRATED
TRAUMA INFORMED
PRACTICE

A SHAPED &
RENEWED VISION

TANGIBLE
TOOLS & IDEAS
TO APPLY IN
REAL WORLD
PRACTICE

CREATE
A
TOOLKIT
&
RESOURCE
LIBRARY

TO BE MORE
MINDFUL OF
MY OWN
✓ HOTSPOTS,
✓ VALUES,
✓ BIASES,
✓ TRIGGERS
ETC

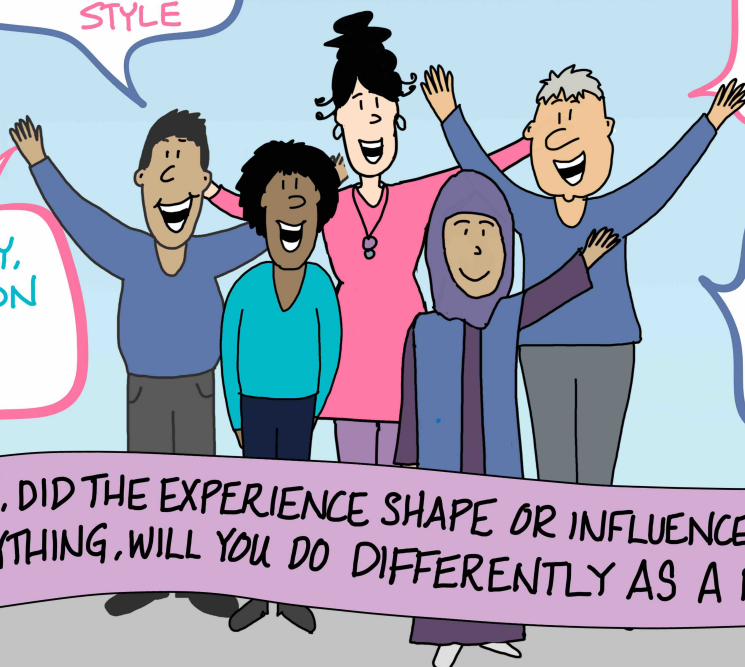
IMPROVED
LEADERSHIP,
SUPERVISION &
MANAGEMENT
STYLE

TO TAKE MORE CARE
OF MY OWN WELLBEING
& REGULATION

SET UP A
WORKING
GROUP &
COMMITTEE

HAVE MORE HUMILITY,
EMPATHY, COMPASSION
and
UNDERSTANDING

REMEMBER & ACT ON
"EVERY INTERACTION
CAN BE AN INTERVENTION
(TREISMAN) MAKE EVERY
MOMENT COUNT



HOW, IF ANY, DID THE EXPERIENCE SHAPE OR INFLUENCE YOU?
WHAT, IF ANYTHING, WILL YOU DO DIFFERENTLY AS A RESULT?