



TRAINING
GROUNDS

TRAUMA INFORMED LEADERSHIP



A 12-week program for frontline & mid-level
leaders in human service organizations

Many leaders are standing at a **CROSSROADS**

You got where you are because of your natural gifts and hard work. Now you're facing increasing pressures, competing demands, changing relationships, growing levels of uncertainty - and are concerned about your potential blind spots.

You're at a point where you've seen others struggle, give up, or burn out. Yet you know you have potential inside you to lead at a higher level.

The solution isn't working harder in ways that leave you stretched and stressed to the point you're not bringing your best to your team.

You can expand your leadership capacity when you rise above the overwhelm and fear and get absolute clarity on the invisible factors that influence your success as a leader.



WHAT PARTICIPANTS GAIN



UNLOCK YOUR LEADERSHIP POTENTIAL

(without getting caught in the traps of imposter syndrome or overwhelm) when you settle this one inner conflict



BOOST STAFF COMMITMENT AND RETENTION

by tapping into the single most influential asset a leader brings to workplace relationships



SET A FOUNDATION FOR LASTING SUCCESS

by investing in the one critical resource many overlook or are left to develop on their own

HOW THE PROGRAM WORKS

Weekly Group
Coaching

+

Reflective Exercises
& Application

+

Personal
Assessment

+

1:1 Office
Hours

Content areas cover self-mastery, relational intelligence and communication, and organizational resilience (e.g., leading change, psychological safety, organizational culture)

The program utilizes the **STRENGTH DEPLOYMENT INVENTORY (SDI 2.0)**, a research-based assessment which helps participants understand what drives personal performance, appreciate differences in others, and adapt to different communication styles.



ABOUT THE FACILITATOR

James Freeman brings 30+ years of experience in the human services field. He holds a masters degree in organizational leadership and a career achievement award from the National Staff Development and Training Association. His focus on the interpersonal process and integration of organizational psychology offers a unique and valuable experience for leaders at all levels.

James helped me reflect on my strengths and challenged me to improve as a supervisor and leader. I gained so much insight about myself and feel empowered to lead and support those who depend on me.



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www.training-grounds.net

James Freeman
james@training-grounds.net
805-334-8955



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