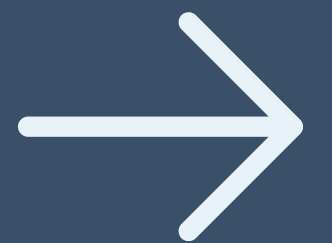


# The 5-Minute Trauma-Informed Leadership Check



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# Introduction

## Psychological Safety

Creating an environment where team members feel safe to express themselves fosters **open communication** and encourages vulnerability without fear of judgment.

## Trust and Stability

When leaders prioritize trauma-informed practices, they build a foundation of **trust and stability**, enhancing relationships and reducing uncertainty within the team.

## Improved Morale

A focus on trauma-informed leadership leads to **higher morale**, as employees feel valued and respected, resulting in increased engagement and productivity.



# 75%

**Employees feel safe to share**

This percentage reflects the number of employees who believe they can express their concerns freely in a trauma-informed workplace.

# 82%

**Leadership prioritizes mental health**

This statistic indicates how many leaders recognize and actively promote mental health initiatives to create a supportive environment for all employees.

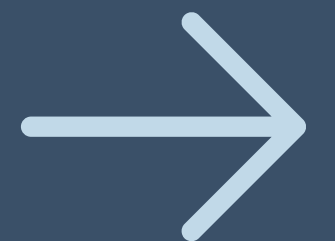
**The following self-assessment tool will help you evaluate your leadership approach in fostering a trauma-informed workplace.**

Please rate yourself on each aspect using a scale from 1 (Strongly Disagree) to 5 (Strongly Agree):

- I prioritize open communication with my team.
- I actively listen to employee concerns and feedback.
- I provide resources for mental health support.
- I create a safe environment for sharing personal experiences.
- I demonstrate empathy towards team members.
- I encourage a culture of trust and respect.
- I am aware of the impact of trauma on performance.
- I support work-life balance for my team.
- I regularly check in on my team's well-being.
- I foster collaboration and community among my team.



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## Score Meaning

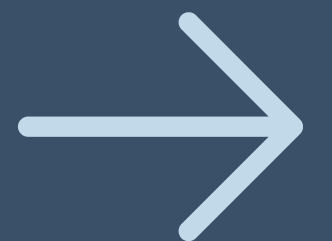
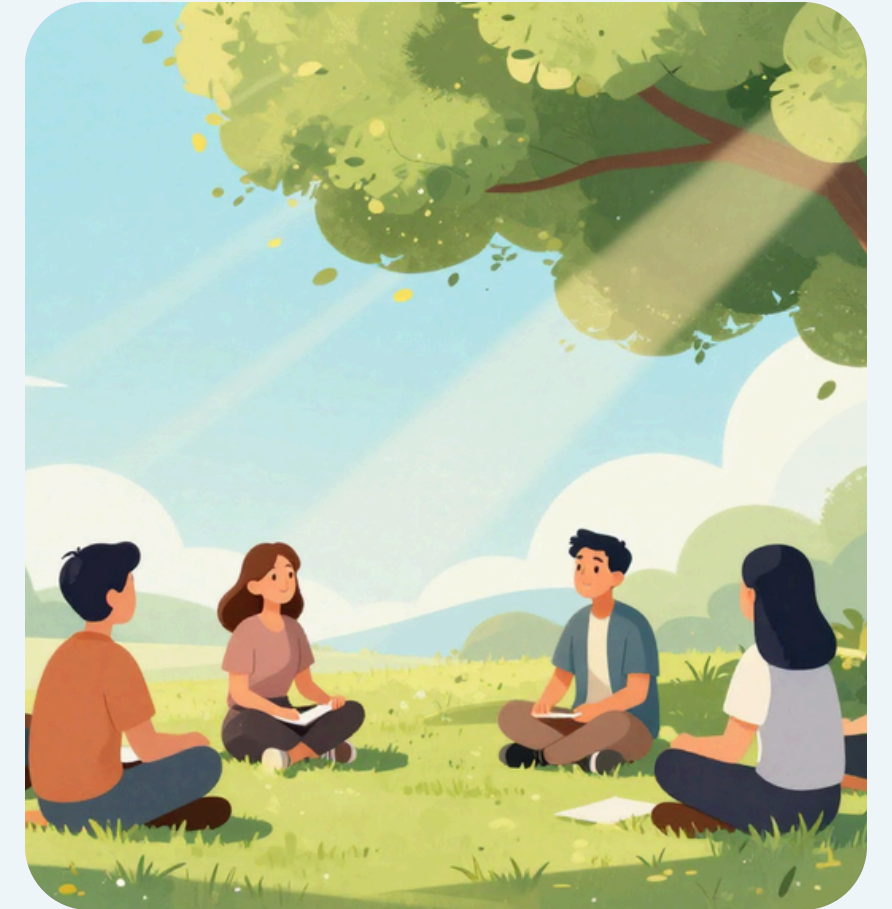
40–50: Strong psychological safety culture

25–39: Moderate culture with improvement opportunities

Below 25: High burnout and turnover risk

## Reference

Choitz, V., & Wagner, S. (2021). A trauma-informed approach to the workforce: An introductory guide for employers and workforce development organizations. National Fund for Workforce Solutions.



## Ready to Strengthen Your Workplace Culture?

1. Trauma-informed leadership training
2. Psychological safety workshops
3. Emotional intelligence development
4. Staff resilience training



Start Your Journey

Book a consultation: <https://consultyara.com>

*Healthy teams build healthy organizations.*

