



# Will Power Wellness & Consulting

*“Holistic training & support to help elevate your inner peace & profits in 90 days.”*

## Being Trauma-Informed: ACEs Training Modules

Understanding the impact of toxic stress and trauma, is essential in creating healthy and happy families. *Let’s work together to address and prevent them with dynamic, experiential trainings and teachings.* Training may consist of one of (or any combination of) the following modules:

### Module I: Overview of ACEs

- Brief Intro to the ACEs Study; short- and long-term impact of ACEs; local/national data. (30-60min experience)

### Module II: Understanding ACEs & the Impact of Childhood Trauma

- Build understanding of stress and trauma; Learn about ACEs and discuss the impact of systemic inequities, toxic stress and trauma on our brains and bodies; Explore solutions. (2-hr experience)

### Module III: Toxic Stress & Resilience

- Uncover Biopsychosocial effects of Toxic Stress on adults & children; Define ‘resilience’; Develop a strengths-based perspective; Explore A framework for action; Review principles of trauma-informed care; Support post-traumatic growth. (2-hr experience)

*Dr. Damon Anthony William is a Certified ACEs Trainer and Owner of Will Power Wellness & Consulting.*

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