

# TRAUMA-INFORMED LEADERSHIP STRATEGIES

01

Self-regulation exercises: Physical. Twinkles, 5 Senses check -in

02

Window of Tolerance - where are you in it and where may the other person be?

03

Triggers - understand what's causing your reaction so you can proceed intentionally

04

Microboundaries - to protect your time, and your physical, mental, and emotional wellbeing

05

WINN Method for setting boundaries with others

06

Acts of Safety - actions that develop and maintain trust in relationships and teams

07

Be Curious - start with, "What happened to you?", rather than, "What's wrong with you?"

08

Practice Makes Permanent - commit to do your best to follow trauma-informed practices, even after "slip-ups"