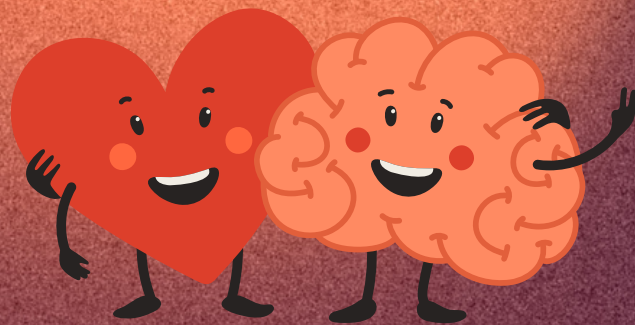


2024

# TRAUMA INFORMED LEADERSHIP, TEAMS AND CULTURE

Leading people, well.




Dr Polly McGee  
Lead facilitator

# THE PROGRAM

Participants will safely and engagingly learn:

- what is trauma informed leadership and why does it matter?
- defining trauma - its not what you think
- how the autonomic nervous system rules behaviour - individually and collectively.
- how to create and maintain psychologically safe cultures through belonging and inclusion.
- recognising and managing state change during feedback and big conversations.
- how, why and when boundaries are critical to leadership and how to set them.
- a trauma informed leadership toolkit to operationalise learnings.



# "IF YOU ARE LEADING PEOPLE YOU ARE LEADING TRAUMA - YOURS AND THEIRS"

Trauma informed leadership, teams and culture is a one-day leadership intervention to help you create psychologically safe cultures where people and productivity can flourish.

Leadership here is defined as being a human who leads, manages, interacts and/or collaborates with other humans within and outside of your organisation. It is suitable for participants from public sector, private sector, tertiary, NFP and startups.

Trauma informed leadership assumes interpersonal trauma is pervasive, real, present in people, organisations and cultures; and needs to be understood, acknowledged and integrated from all parts of the organisation.

# THE OUTCOMES



Participants leave knowing:

- what informs their leadership style and how that has been shaped through lived experience.
- the neurobiology of their autonomic nervous system and how it relates to their way they lead people and belong in teams.
- the traffic lights of safe to toxic culture.
- how to practice self regulation
- deeper understanding of accommodating and including diversity (and why it matters) and
- implementable tools to live their lives wholeheartedly in all arenas.

This is one size-fits-one, strengths-based leadership intervention, acknowledging each person's unique capacities and experiences.

The focus is on growing personal agency, self - awareness, accountability and autonomy to lead with agility from all parts of values based organisations.

# DR POLLY



Dr Polly McGee (they/them) is a trauma trained leadership consultant, somatic psychotherapist, author and podcaster.

Polly has over a decade working in leadership program design and delivery across public, private, NFP organisations in education, health, agriculture, food, innovation and small business sectors,

Polly brings a unique combination of skills and experiences to their presentations to create dynamic, immersive, inclusive, practical – and fun – experiences.

Polly's qualifications include a

- Honours/PhD from ANU/UTAS
- Masters in Counselling and Psychotherapy specialising in Trauma from ECU
- Certified Dare to Lead Facilitator – Dr Brene Brown
- Certified training by PESI in: IFS Therapy for Complex PTSD and Trauma; Complex PTSD and Trauma CCTP2 Certification; Clinical Applications of Polyvagal Theory in Trauma; Self Led Therapist