

4 R's of Trauma Informed Leadership

01 REALIZE

Familiarize yourself with the impact trauma has on individuals, families, and communities.

Learn to recognize the signs and symptoms of trauma, especially those that are more apparent in the workplace.

02 RECOGNIZE

03 RESPOND

Actively listening, clear communication, and access to resources are all part of responding to critical events.

Make the work environment one that is psychologically safe and responds to employees' well-being.

04 RESIST RE- TRAUMATIZING



RB CONSULTING
resilience building