

Trauma-Informed Change Agent Institute

Awareness Doesn't Create Change. Implementation Does.

A school-based, three-session professional learning and implementation experience that helps teams move from trauma-informed awareness to sustainable practice. The Institute preserves the proven learning, reflection, application, and action-planning experience of the original CORE model while being delivered under WhyWeLEAP Consulting, LLC.

Institute at a Glance

3 On-Site Learning Sessions	18 Hours of Professional Learning	8-25 Recommended Participants
School-Based Team Experience	Implementation Focused	3-Part Implementation Journey

Why This Institute

Many schools have already introduced staff to trauma-informed concepts. The challenge is turning that knowledge into consistent practice. This Institute gives a school-based team repeated opportunities to learn together, reflect on current practice, apply new learning, assess what is happening, and refine its approach over time.

The goal is not another awareness training. The goal is to build shared language, strengthen adult and student supports, test meaningful changes, and develop a school-specific path toward sustainable trauma-informed implementation.

The WhyWeLEAP Learning Cycle

THE WHYWELEAP LEARNING CYCLE

Throughout the institute, participants engage in a continuous cycle of:



This cycle helps teams move beyond implementation intentions and into meaningful, measurable change.

Between sessions, participants are encouraged to test new practices, gather feedback, reflect on outcomes, and identify next steps for continued growth.

Throughout the Institute, participants engage in a continuous cycle of learning and implementation. Between sessions, teams apply learning in their school setting, gather feedback and evidence, reflect on outcomes, and identify next steps for continued growth.

The Three-Session Experience

SESSION 1

Building the Foundation: Trauma-Informed Education, Adult Wellness & Collective Care

- Trauma-informed education foundations and shared language
- Adult well-being and the role of self-care in sustainable practice
- Collective care as an organizational responsibility
- Reflection on current individual and school practices
- Identifying practical strategies to support educator capacity and resilience

SESSION 2

From Strategy to Action: Trauma-Informed Practice & Data-Informed Goal Setting

- Applying trauma-informed strategies in everyday school practice
- Moving from awareness to intentional implementation
- Using school-based data and reflection to identify areas of focus
- Developing a data-informed SMART goal for change
- Planning and beginning a small test of change

SESSION 3

From Impact to Scale: Measuring Progress & Sustaining Trauma-Informed Practice

- Reflecting on implementation and the small test of change
- Examining evidence of progress, successes, and barriers

- Using data and reflection to refine trauma-informed practices
- Planning for sustainability and broader implementation
- Developing clear next steps for continued schoolwide growth

Between the Sessions

The learning continues after each on-site session. Participants use the Institute's implementation process to apply learning in context, reflect on what they notice, and bring those insights forward into the next session. This keeps the work grounded in the realities of the participating school.

- ✓ Apply selected trauma-informed practices in the school setting
- ✓ Use small tests of change to learn before scaling
- ✓ Gather feedback, observations, or other useful evidence
- ✓ Reflect on successes, barriers, and needed adjustments
- ✓ Use learning from implementation to inform next steps

What Participants Receive

- ✓ Trauma-Informed Implementation Toolkit
- ✓ Session-specific worksheets, activities, reflection tools, and planning materials
- ✓ Implementation and action-planning supports
- ✓ Resources that can continue to support the school's work after the Institute
- ✓ WhyWeLEAP Certificate of Completion

What Your School Will Leave With

- ✓ Shared trauma-informed language and understanding
- ✓ Practical strategies for supporting regulation, connection, and belonging
- ✓ Greater capacity to apply trauma-informed strategies with intention
- ✓ Experience using data, goal setting, and small tests of change to refine practice
- ✓ Stronger capacity to sustain and scale trauma-informed practices
- ✓ A school-specific action plan for continued implementation
- ✓ Structures and tools that support long-term sustainability
- ✓ A Trauma-Informed Implementation Toolkit for continued use

Recommended School Team

The Institute is designed for a cross-functional school-based team so that implementation is not carried by one person or role. Recommended team size: **8-25 participants**.

- Principal and/or Assistant Principal
- School Counselor
- School Social Worker
- MTSS Coordinator or team member
- Instructional Coach
- Teacher Leaders
- Student Support Personnel
- Other staff positioned to influence schoolwide practice

Bringing the Institute to Your School

Customized School-Based Engagement

Each school engagement includes:

- Three on-site learning sessions
- Approximately 18 hours of facilitated professional learning
- Trauma-Informed Implementation Toolkit
- Session resources and planning materials
- Action-planning supports
- Certificate of Completion

Customized proposals are developed based on school size, location, scheduling, and implementation needs.

Travel expenses may apply outside of the Triad region. Contact WhyWeLEAP to discuss availability and receive a school-specific proposal.

Optional Implementation Coaching

Schools seeking continued support after the three-session Institute may add customized implementation coaching, including leadership consultation, data reflection, implementation troubleshooting, and sustainability planning support.

Ready to Move Beyond Awareness?

Partner with WhyWeLEAP to build the knowledge, leadership capacity, and systems necessary to create sustainable trauma-informed change within your school.

WhyWeLEAP Consulting, LLC | whyweleap.com | whyweleap@gmail.com | 336-505-9828

Building Capacity. Leading Change. Sustaining Impact.