



WhyWeLEAP Trauma-Informed Foundations Institute

A Train-the-Trainer Program in Facilitation & Implementation

Program Overview

The WhyWeLEAP Trauma-Informed Foundations Institute is a live professional learning experience designed to build the foundational knowledge, facilitation capacity, and implementation skills necessary to support trauma-informed transformation within schools, organizations, and community-serving systems. This interactive train-the-trainer program moves participants beyond surface-level understanding of trauma and into practical, sustainable application. Participants will explore the science of stress and regulation, the impact of trauma on learning and behavior, the role of adult wellness and co-regulation, and the systems-level shifts required to create environments rooted in safety, connection, predictability, and belonging. In addition to foundational trauma-informed learning, this institute prepares participants to facilitate and support this work within their own settings. Through guided reflection, collaborative dialogue, implementation planning, and facilitation practice, participants will strengthen their ability to lead conversations, support staff growth, navigate resistance, and help organizations move from awareness into aligned action.

Who Should Attend

- School and district leaders
- Principals and assistant principals
- School counselors, psychologists, and social workers
- MTSS, SEL, and student support teams
- Instructional coaches and facilitators

- Classroom educators
- Mental health and nonprofit professionals
- Consultants and organizational leaders
- Professionals responsible for leading school culture or trauma-informed initiatives

Participant Learning Outcomes

- Explain the impact of trauma, toxic stress, and adversity on learning, behavior, relationships, and engagement.
- Understand the connection between regulation, emotional safety, and learning readiness.
- Apply trauma-informed principles to school culture, leadership, behavior support, and adult wellness.
- Utilize practical co-regulation and de-escalation strategies.
- Develop facilitation skills necessary to support trauma-informed conversations and professional learning.
- Recognize barriers to implementation and identify sustainable approaches to systems-level change.
- Create a personalized implementation and action plan for their organization or setting.

Delivery Structure

The institute is facilitated live through Zoom or Google Meet using an interactive, relationship-centered learning model grounded in reflection, collaboration, nervous-system awareness, and practical application.

Session	Focus Area
Session 1	Foundations of Trauma-Informed Practice
Session 2	Trauma-Informed Practice & Implementation
Session 3	Facilitation, Leadership & Sustainable Change

Institute Modules

- **Module 1:** Understanding Trauma, Stress & the Brain
- **Module 2:** Trauma-Informed Schools & Organizations
- **Module 3:** Regulation, Co-Regulation & Behavior Support
- **Module 4:** Facilitation & Leading Trauma-Informed Conversations
- **Module 5:** Implementation, Sustainability & Action Planning

Included Participant Materials

- Comprehensive digital participant workbook
- Trauma-informed foundations guide
- Regulation and co-regulation toolkit
- Facilitation and reflective conversation guide
- Implementation planning toolkit
- Reflection activities and planning templates
- Strategy and practice resource bank
- Certificate of Completion
- CEU documentation where applicable

Optional Add-On Services

Organizations may also purchase additional support services including leadership coaching, implementation consultation, facilitation support, customized professional learning sessions, systems audits, and ongoing implementation planning support.

WhyWeLEAP Consulting LLC

Building sustainable, relationship-centered systems through trauma-informed learning, facilitation, and implementation support.