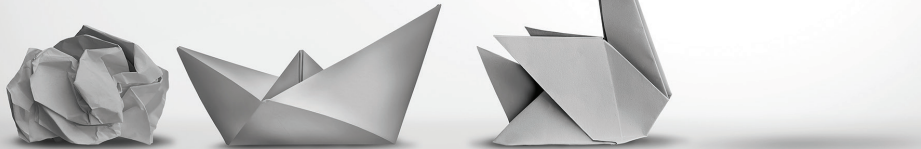


LEADING WITH INTEGRITY: CREATING COMPASSIONATE WORKPLACE CULTURES FOR PERFORMANCE, PRODUCTIVITY AND INNOVATION



VISION & AIMS

This training is designed to equip leaders and managers in corporate organisations with the knowledge, tools, and strategies to embed trauma-informed and mentally healthy practices into workplace culture.

TISCUK recognises that sustainable cultural change begins with empathetic leadership and the commitment of those at the top. By fostering psychologically safe environments and adopting compassionate, evidence-based approaches, leaders can strengthen organisational resilience, improve employee wellbeing, and drive long-term success.

Empathetic leadership practices and an environment of psychological safety are reported to enhance staff engagement and innovation, reduce burnout and absenteeism, improve communication, and stronger overall performance.

This course provides leaders with practical ways to recognise and respond to the impact of stress, trauma, and mental health challenges in the workplace empowering them to create environments where people feel safe, valued, and supported.

Backed by over 1,000 evidence-based studies in neuroscience and psychology, the programme offers relational, regulatory, and reflective practices delivered by experienced psychologists and senior organisational consultants.

WHAT YOU WILL GAIN FROM ATTENDING

- Understand the role of trauma and mental health in workplace dynamics—and how informed leadership can reduce absenteeism, improve retention, and enhance overall performance.
- Learn how to create a resilient, high-trust workplace culture where employees feel psychologically safe, emotionally supported, and empowered to contribute fully.
- Gain practical strategies for supporting employees experiencing mental health challenges or the effects of unresolved stress and trauma, without compromising performance standards.
- Develop confident, compassionate communication skills to navigate sensitive conversations around wellbeing, stress, or behavioural concerns.
- Take away tools to help team members move from reactive behaviours driven by stress toward thoughtful engagement and collaborative problem-solving.
- Build your capacity to lead with empathy by integrating neuroscience-informed principles of safety, regulation, and connection into everyday leadership.
- Understand the science of co-regulation and social engagement, and how these directly impact team cohesion, morale, and productivity.
- Learn how to support your own wellbeing as a leader, including how to manage stress and serve as a steadying presence for others during high-pressure moments.
- Recognise the signs of unresolved trauma or adverse life experiences, and learn how to support employees in ways that are ethical, effective, and non-pathologising.
- Interrupt patterns of disconnection, disengagement, and attrition by building an organisational culture that prioritises relationships, respect, and wellbeing.
- Ensure your leadership team is equipped to truly listen and respond, building trust and psychological safety across all levels of the organisation.

For booking and further enquiries contact:

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