

Trauma-Informed Care Training of Coaches

Trauma-Informed Care Coaching:

Trauma-informed care coaching moves from the lens of “What is wrong with you?” to “What happened to you?” to “What is strong in you?” with children and adults. Using that lens and creating strength-based and relationship-based interactions, TIC coaching supports child care providers and their work with children, families and staff at their programs by starting with active listening and leaning into the needs of child care providers through reflective practices to support and sustain healthy social and emotional development and trauma responsive care for young children.

Training of Coaches

Coaching Caregivers Trauma-Informed Care Guidebook

This module uses the Coaching and Training Caregivers: Trauma-Informed Care Guidebook and some of the concepts to build coaching skills and approach. The intent is to introduce coaching in context of the Bridge Program and expand possibilities of coaching. In this training we will:

- Explore who we are and what we can bring to coaching
- Practice active listening skills
- Define coaching from a trauma-informed care perspective on the Emergency Child Care Bridge Program for Foster Children (Bridge Program)
- Create an “Elevator speech” to describe what you offer in TIC coaching
- Identify the different types of coaching and honing your style as a coach
- Build a coaching toolkit by using the following tools:
 - Elevator Speech with time to practice
 - CDARC
 - OARS

Developing Coaches Self-awareness, Presence, and Reflections in Coaching This module covers developing presence and self-awareness through self-assessment and reflections in coaching. In this training we will:

- Explore self-assessment in coaching
- Unpack presence by examining what we bring to the coach/coachee relationship by addressing our attitude, directness, whole heartedness and open mindedness.
- Explore self-awareness and reflection
- Look at Stages of Change we can understand where we are, and where we want to be

Relationship Building Between TIC Coaches and Child Care Providers In this module we will explore relationship building between Trauma-Informed Care coaches and child care providers. In this training we will:

- Review what trauma and stress can do with adults
- Define trauma-informed and responsive coaching and building the developmental relationship through coaching • Focus on areas and skills to deepen our relational coaching through looking at the 5 principles: Expressing Care, Challenging Growth, Providing Support, Sharing Ability, and Expanding Possibilities
- Look at trauma responsiveness through the lens of: Shifting from “What is wrong with you?” to “What happened to you?” to “What is strong in you?” in coaching. Learn and understand relational coaching through processing, comfort and impact
- Explore responsive messages where we will integrate all the strategies to practice these coaching skills



Learn more about us at:
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