



Trauma-Informed Workspaces: Basic Principles and Best Practices

Navigating the ongoing conflict and distressing events carries a profound emotional weight, one that naturally follows us into our professional lives. During these times, workplaces have a unique opportunity to be a source of understanding and care. This workshop explores how continuous distress intersects with our work, focusing on how we can collectively build more resilient, compassionate environments. You will learn the foundational components of a trauma-informed workspace and take away tangible strategies to proactively uplift and support the well-being of all employees.

Learning Outcomes

- What is trauma and how does it impact individuals
- Why should we prioritise trauma informed workspaces:
 - Understanding the impact of trauma on mind and body
 - Preventing unnecessary triggers
- How to create a trauma informed workspace
- Trauma informed workspaces in action

Event Details

Date:

Tuesday, 14 April 2026 (English)

Time:

(UTC) **11:00** | (UTC+3) **14:00** | (UTC+4) **15:00**

No registration is required — simply [click the link](#) to join the event.

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