



EPISODE 006: Unresolved Trauma on the Corporate Ladder with Lucie Ritchie

Believe it or not, our bodies are designed for trauma, but that doesn't mean we don't have to face it or try to heal from it in order to be successful leaders. My guest this week, Lucie Ritchie, guides us through how trauma can impact our leadership abilities and that our search for compassion is a lot closer to home than we think. Lucie is a Psychotherapist passionate about helping others heal from unresolved trauma. Our conversation covers the whole range from concentrating on the body to process trauma, looking inward to find compassion and recognizing that our patterns do not dictate who we truly are inside.

We discuss:

- How trauma isn't just reserved for the huge catastrophic moments in our lives
- How the corporate ladder isn't built to withstand unresolved trauma but instead will lead to frustration and burnout
- How to lower reactivity by engaging in physiological practices like 3-6 breathing and letting our conscience lead our decisions

Connect with Lucie:

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I hope you enjoyed this episode of Evolve: A New Era of Leadership. To learn more visit my website: www.carolynswora.com or send me an email to support@carolynswora.com. I'd love to hear from you.