



### **TITLE: Why it's time to talk about trauma-informed leadership with Glain Roberts-McCabe**

Trauma-informed leadership is a heavy topic. And while it's something I know incredibly well and have built a career around, I felt edgy and vulnerable at the thought of writing a book about it. But, I saw a gap on the trauma-informed leadership bookshelf. And I knew I had something that would serve people well. So I made that space mine. And that's where my good friend and mentor, Glain, comes in. Glain understood my mission to demystify trauma and was the perfect choice to help me and write the book's foreword. I wanted to remove the stigma and bring it into the context of what we all deal with on a regular basis. Trauma is something every one of us experiences - to varying degrees. And when we declare people to be our most important resource it is important for leaders to be trauma-informed. Leadership has evolved a lot since the military model that was based on hierarchy and command and control. Now we are more invested in self development, we go deeper than the shallow surface level development of the past. This is something we dive into in today's podcast episode about why it's time to start talking about trauma-informed leadership.

We discuss:

- How leadership styles have evolved since the 70s and 80s.
- Becoming self aware without becoming self indulgent.
- Shifting the pendulum away from individualism towards the collective.
- Internalised narratives can make it feel like we're on autopilot
- In the past few years, people have been reassessing their relationship with work.

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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](http://www.carolynswora.com) or send me an email to [support@carolynswora.com](mailto:support@carolynswora.com). I'd love to hear from you.