



### **TITLE:What's a trauma informed system with Snjezana Pruginic**

You can approach trauma in different ways. The somatic approach through body based therapies, through training, wellness or through the mind. If we want to create change, we need to heal together, we can't heal alone. We are all interconnected but are also impacted by our environment. Wellness examines the relationship between one's own journey and inner work and the external space that one is in. Most of us create our identities around the work that we do so it is paramount that we feel safe and empowered at work. A lack of engagement in the workplace is often a lack of empowerment. People feel empowered when there's an element of choice, which provides a sense of autonomy. Introduce a habit of collaborative processes because it feels different to feel safe or cared for for everyone. If a workplace is trauma informed, your job becomes easier so you can make the money you need and go home and focus on supporting your family. We discuss a range of topics from trauma informed systems, breathing spaces and different ways to tackle performance management.

We discuss:

- What it means to have a trauma informed system
- Safety has different meanings for all of us and being trauma informed isn't a checklist.
- What it's like to work with "difficult" people and why they're considered difficult
- You don't need to know the source of someone's trauma to be trauma informed
- Creating breathing spaces in your organization that allows people to reconnect and co-create

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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.