

Trauma Informed Practices for the workplace

The keys for Dependability



Punctuality , not only in arriving on time and being predictable for the individuals you work with. Crucial is also, meeting deadlines, creating a feeling of safety with others that comes with predictability, elements of control and boundaries

Communication is fundamental in developing a sense of safety, and dependability, keeping others informed of progress and challenges helps develop and support a sense of trust



Being detail oriented by paying close attention to the quality and accuracy of tasks and how important the little things are in developing connection.



Using initiative to find solutions to problems and improve outcomes/situations. If you always do what you always did, you'll always get what what you always got.



Showing loyalty , being committed to the goals of your organisation, being aware of your values and how these drive your work