

# TRAIN THE TRAINER



## Free Training to Build:

### Trauma-Informed Educators

In partnership with Best Start for Kids, Upower has created a Trauma-Informed training for King County organizations working with underserved populations.

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## How Your Educators Benefit:

- Learn the science of trauma and its impacts on our body, mind, and lives.
- Learn trauma-informed practices and how to implement them when working with youth.
- Learn how movement and play facilitate emotional regulation and mental-skill building.
- Participants receive access to Upower's online toolkit which includes:
  - Data, research and current statistics
  - Restorative circle practices
  - 6 curriculums ranging from equity & diversity to weightlifting, kinesthetic arts, and meditations
  - 125+ games and activities!



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## OUR MISSION:

Upower strives to not only raise heart rates and get teens moving, but also aims to cultivate strong pro-social skills, develop leadership abilities, and foster self-regulation and resiliency.

Since 2014, Upower's Trauma-Informed coaching style has served over 13 communities and provided over 250,000 minutes of healing centered engagement.

## WE COME TO YOU!

- 3-hour IN-PERSON or VIRTUAL training
- Training for up to 25+ attendees
  - Organizations may schedule multiple training sessions to accommodate multiple groups or availabilities
- Offered Monday-Friday between 9am-5pm
- We bring all necessary materials to your facility for the training



## GET CONNECTED

Contact Upower's Community Outreach Coordinator, Noel Kresl, today to register your organization for their free trauma-informed training!



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FIT BODIES. FIT MINDS. FIT LIVES.