

# Building Hope in Education

## Secondary Trauma and Community Resilience

Compassion is innate, but constant emotional demands can lead to fatigue. Many school staff experience this exhaustion due to the relentless need for compassion in their work.



This trauma-laden environment increases vulnerability to secondary trauma. Supporting traumatised children and parents requires absorbing their stress, relying on resilience to process it. However, when overwhelmed, our own threat response can be triggered, leading to trauma.

This course provides a safe space for reflection, helping participants identify compassion fatigue, understand strategies for prevention and recovery, and recognize that resilience strengthens with each recovery.

The training promotes staff wellbeing, covering attachment, trauma, and resilience. Participants will reflect on experiences, explore case studies, and create action plans for recovery. Reflective practice and its benefits will be a key focus.



### Course Content:

- Navigating complex work environments
- Core needs for wellbeing
- Neuroscience of trauma and secondary stress
- Signs of trauma and recovery
- Building individual and community resilience
- Creating nurturing environments
- The role of diversity in resilience



**09.07.2026 9.30AM - 3PM**

**THE PAVILION, HATHERLEY LANE, CHELTENHAM, GL51 6PN**

**PLEASE CONTACT [COURTNEY.HOPSON@GLOUCESTERSHIRE.GOV.UK](mailto:COURTNEY.HOPSON@GLOUCESTERSHIRE.GOV.UK) TO BOOK ONTO THIS VIRTUAL SCHOOL TRAINING OPPORTUNITY.**

**NON-ATTENDANCE OR LESS THAN 3 FULL WORKING DAYS' NOTICE OF CANCELLATION FOR ONLINE COURSES OR 5 FULL WORKING DAYS FOR FACE-TO-FACE COURSES WILL INCUR A COST OF £100 PER DELEGATE AT THE DISCRETION OF THE VIRTUAL SCHOOL HEAD. CONTACT [COURTNEY.HOPSON@GLOUCESTERSHIRE.GOV.UK](mailto:COURTNEY.HOPSON@GLOUCESTERSHIRE.GOV.UK) TO CANCEL. IF YOU WOULD LIKE TO ATTEND BUT ARE UNABLE, PLEASE CONTACT US TO DISCUSS. WE MIGHT BE ABLE TO HELP.**