

Learning Circle Discussion Guide: Fostering a Trauma Informed Environment

Directions: In your local Learning Circles, a Peer Facilitator leads a discussion leveraging the questions below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work with UHG and ultimately impact our members.

Take a moment to think about the various training topics presented during the course of this curriculum.

1. What was the biggest “Ah Ha!” moment for you during the trainings?
2. Identify one strategy or approach you can implement in your role over the next week to help UHG as a whole create a more trauma-informed environment.
3. What are the topics that you feel will be the most difficult for you to implement? Why? What support do you need to move from preparation to action?
4. What topic that we have covered are you most excited to implement immediately in your daily activities? Build your personal “I Will” statement around that practice or method.