

trauma-informed movement and sports facilitation

Movement-based. Person-centred.



TRAUMA-INFORMED YOGA AUSTRALIA



the problem this program addresses

Sport and fitness professionals work with people every day. They read body language, manage group dynamics, coach under pressure, navigate difficult conversations and hold relationships that significantly affect how people feel about themselves and their participation in sport and physical activity.

Most of them do this without any formal understanding of how stress and trauma shape human behaviour - including their own.

The result is predictable. Disengagement gets read as attitude. People are pushed who are already at capacity. They contribute to environments that feel unsafe without understanding why. Talented athletes and clients disengage, underperform or leave. Staff burn out. Cultures calcify around unexamined assumptions about what people 'should' be able to do.

This isn't a failure of intention or a values-mismatch. It's a gap in knowledge and skill - one that this program is designed to address directly.

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Trauma and chronic stress are not edge cases in sport and fitness. They are present in most groups, most sessions, every day.

The question is not whether your team encounter them - it's if they have the tools to respond well.

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psychosocial safety + movement & sports practice

Organisations in sport and fitness are increasingly aware of their obligations around psychosocial safety, and many are investing in initiatives designed to meet them. These initiatives matter, but awareness and policy alone do not change how people behave in their jobs.

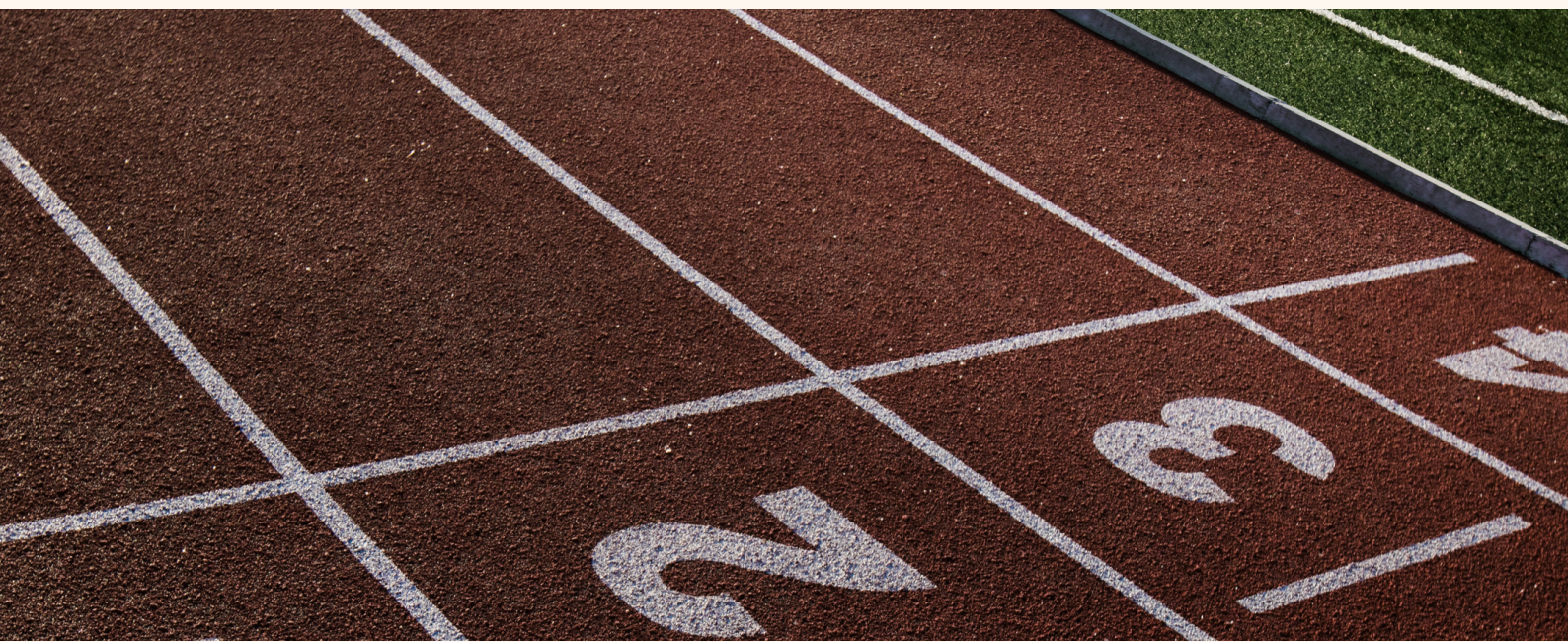
What drives genuine behaviour change is practical, applied learning that practitioners can implement immediately in their specific context. Our Trauma-Informed Sports & Movement programs address psychosocial safety obligations not through compliance frameworks, but by equipping staff with the understanding and skills that actually shift how environments feel and function. That means understanding nervous system regulation, recognising stress responses in themselves and others, understanding the scope and reach of their influence, and making informed choices about how to change their practice in response (if at all).

Practitioners are not being asked to become mental health professionals or to diagnose anyone. They are being asked to become more aware, more skilled and more deliberate in the influence they already have.

Psychosocial safety in practice

Meeting psychosocial safety obligations needs more than well-intended policy and Health & Safety training. It requires people who understand what safety actually *feels* like for the humans in their environment (the very definition of a felt sense of safety), and who have the capability to create conditions where it is more likely.

Our Trauma-Informed Sports & Movement programs builds that capability directly. Learners develop nervous system literacy, learn to recognise escalating stress responses in themselves and others, and examine the often unrecognised influence they hold in their role. They leave not with a compliance checklist, but with embodied, applicable skill - the kind that shows up in daily interactions, session design and the relational culture of their organisation.



who are these programs for?

Our Trauma-Informed Movement & Sports Facilitation programs are unique in what they offer - a professional learning program in trauma-aware and trauma-informed practices, designed specifically for sports, health and fitness professionals.

These programs are perfect for:

- Coaches and assistant coaches across all codes and levels
- Personal trainers, exercise physiologists and similar
- Program coordinators and team managers
- Sport and recreation facility staff working with participant groups
- Leadership and corporate teams within the sector looking to embed trauma-informed, psychosocially safe and inclusion initiatives differently.

It is also relevant for organisations seeking to develop a shared language and practice across their people - creating consistency in how staff understand and respond to the humans in their care.

Participants do not need any prior knowledge of trauma-informed practice. The program is designed for people coming to this content for the first time, and is delivered in a way that meets them in their world - no matter their specialty/role within the industry.

what do people say about our workshops?

"Renée's ability to clearly define and present key concepts enabled me to connect personal experiences with theoretical principles.

Her extensive knowledge, combined with her sincere, human-centred approach, resulted in an insightful and relatable session that inspired multiple practical takeaways."

- Ryan

"Renée is an absolutely incredible teacher. Her deep knowledge, compassionate approach, and open-minded perspective create a truly welcoming and supportive learning environment.

She masterfully combines expertise with warmth, making complex concepts easy to understand."

- Alice

the programs

Three levels. One coherent framework. Each designed to deepen both your understanding and your capacity to apply it.

Level 1 | Foundations

1 day

- Understand the commonality and impact of trauma and chronic stress in the community
- Identify signs of nervous system dysregulation in self and others.
- Understand trauma-informed principles as a framework for professional practice in the Australian sports landscape.

Level 2 | Application

2 days

Foundations, plus:

- Analyse real-world scenarios through a trauma-informed lens
- Practise modifying communication and cues
- Apply principles within your specific organisational context

Level 3 | Certification

5 days / 30 hour facilitation certification

Application, plus:

- Engage with trauma-aware support techniques at masterclass depth - in theory and in practice
- Develop an approach to supporting your players, members or community that is grounded in your specific context and shaped by your practice
- Engage with trauma-informed theory and practice at depth, integrating learning into how you work, not just what you know





the methodology

Our Trauma-Informed Movement & Sports Facilitation programs draw on a body of specialist expertise that are unique in the sport and fitness sector.

Our work is grounded in trauma-informed practice and clinical yoga facilitation - an evidence-informed, somatic discipline with a strong research base in the neuroscience and physiology of stress and trauma. Yoga is the source of the methodology, not the delivery context. Participants don't need to practise yoga at all to get the most out of the program.

What the methodology brings is a body-based, embodied understanding of how stress lives in the body and behaviour, and how environments either activate or settle people - translated into the language and practice of movement, sport and fitness.

Interoception

The capacity to sense and understand internal bodily states. Trauma and chronic stress disrupt this capacity.

Developing it supports emotional regulation, stress recognition and better decision-making.

Understanding interoception offers learners a more nuanced lens for reading the people they work with.

Choice and agency

Trauma removes a person's sense of control.

Environments that offer genuine choice and agency support regulation and participation.

This has direct application in how practitioners structure sessions, communicate with participants, and hold authority in their role.

about TCTSY — the evidence base

The methodological foundation of this program is founded on Trauma Centre Trauma-Sensitive Yoga (TCTSY), developed at the Trauma Centre at JRI in Boston and the most rigorously researched trauma-sensitive yoga model available.

TCTSY emerged as the best example of integrated, somatic trauma-informed yoga, and was made famous through the clinical research of **Dr Bessel van der Kolk** (in his book 'The Body Keeps the Score'), whose studies demonstrated that body-based practices could produce measurable change in trauma symptoms where talk therapy alone had not.

52% of participants in a 10-week TCTSY program no longer met diagnostic criteria for PTSD at completion, compared with 21% in the control group.



Improvements were particularly significant in intrusion symptoms and body awareness - two of the most treatment-resistant features of trauma.

This is very much by design. TCTSY works specifically through interoception - guided, non-coercive attention to internal bodily experience - and through structured choice-making, both of which have demonstrable effects on nervous system regulation and the brain regions associated with emotional processing and self-awareness.

These principles, applied outside the yoga context, inform how our Trauma-Informed Movement & Sports Facilitation programs approach the development of trauma-aware practice in sport and fitness settings. The methodology is transferable because the underlying neuroscience is not specific to yoga it is specific to the body, the nervous system, and the conditions under which human beings are able to engage.

f.a.q.'s

Does this program include a certification?

Yes. All participants receive a certificate on completion of the program. This document specifies exactly which program (L1, L2, or L3/facilitation certification) they have completed.

How is the content tailored to our specific organisation?

No two organisations are the same, and the application of trauma-aware practice looks different in a footy club than it does in a recreation centre or Dojo. Prior to the program, a pre-workshop consultation is conducted with the organisation to understand the specific population, environment, culture, and challenges that participants are working with. This informs the application content as well as the exact learning "flow" (the mix of face-to-face and virtual events) to ensure that what participants learn is directly usable in their actual context.

How is the program delivered?

In-person delivery is always our preference. However, parts of the program may be delivered online to suit organisational needs. E.g. the 2-day program could be structured as one day online and one day in person a week later. The 5-day qualification can be delivered in blocks, such as a 2-day and 3-day split: every organisation is different and we adapt to fit your schedule.

What support is available after the training to ensure the learning "sticks"?

To ensure principles are effectively integrated into daily practice, 1:1 coaching is available as an additional support layer. This is particularly valuable for those completing the 5-day certification or as part of a tailored organisational package. There is also an option to create a larger learning program - eg integrating trauma-informed yoga certifications or trauma-informed leadership and systems programs into a whole-of-organisation approach.

Do you support large-scale integrations across our organisation?

Yes. We can create a tailored plan for large-scale implementations. Our focus for whole-of-organisation work is on building internal capacity to ensure trauma-informed practice becomes a sustainable part of the culture. This can include working with Senior leadership teams, people & learning, safety, risk, or Boards directly.

Does trauma-informed practice compromise high performance?

No. It is about physiological efficiency because a dysregulated nervous system cannot effectively learn skills or perform at its peak. These tools ensure people can access their optimal state for focus and physical execution.

How does our social enterprise status help?

Booking with a certified social enterprise helps organisations meet their social procurement targets and ESG reporting requirements. A portion of our profits is reinvested into community social change, turning a training cost into a measurable social impact.

How does this program support high performance goals?

It removes the physiological barriers to excellence by teaching staff how to navigate dysregulation, mental health and the big life events that they deal with whether it's part of their role or not. This ensures that talent can actually be accessed and executed when it matters most.

How does this help with psychosocial safety and risk?

It provides staff with functional protocols to navigate stress and big emotions in real time. This moves an organisation from theoretical policy to practical, skill-based compliance.

How does this integrate with existing inclusion and mental health goals?

This framework acts as the practical link between separate inclusion, wellbeing, and performance silos. It provides a single body-based approach that addresses the root of engagement and safety across all departments.

How does the program support diverse access needs?

The program is designed for people from all backgrounds and with diverse physical and cognitive requirements. The core emphasis of the training is on adapting trauma-informed principles to your unique context.

Can we partner in future social change or social enterprise initiatives with you?

Yes. As a certified social enterprise, we are open to exploring partnerships that allow us to work together on initiatives for the wider sector or the community.

about trauma-informed leadership

Trauma-Informed Leadership is a certified social enterprise (Social Traders), founded by Renée Robson on Wadawurrung Country in regional Victoria. For organisations with commitments around social enterprise procurement and corporate social responsibility, this is a partnership that counts.

We deliver education, consulting and leadership programs for organisations where human beings, in all their complexity, are the work.

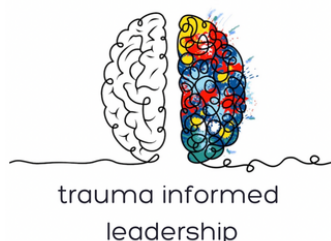
Renée holds TCTSY-F certification (Trauma Centre Trauma-Sensitive Yoga, Boston Trauma Centre), a Certificate in Traumatic Stress Studies with the Trauma Research Foundation, a 500RYT qualification with Yoga Alliance, and is a member of Yoga Australia. Her academic background includes a Master's degree in Management with research focused on organisational drift. She brings two decades of senior HR, leadership and learning roles nationally and internationally, including some of Australia's largest nonprofits — YMCA Victoria, Life Without Barriers, the New Zealand Red Cross and Widex Asia Pacific.

Renée leads the trauma-informed yoga teacher training programs at Zero Point Yoga Teacher Training Academy and the Australian Yoga Academy, through **Trauma-Informed Yoga Australia** - the trauma-informed yoga facilitation and yoga teacher training arm of Trauma-Informed Leadership.

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