

(movement based + person-centred)

TRAUMA- INFORMED MOVEMENT + SPORTS FACILITATION





the problem this program addresses

Sport and fitness professionals work with people every day. They read body language, manage group dynamics, coach under pressure, and hold relationships that shape how people feel about themselves and their place in sport.

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

The result is predictable. Disengagement gets read as attitude. People already at capacity get pushed further. Environments feel unsafe, and no one quite knows why. Talented athletes and clients disengage, underperform or leave. Staff burn out. Cultures settle around unexamined ideas about what people "should" be able to do.

This isn't a failure of intention. It's a gap in knowledge and skill - and it's exactly what this program is built to close.

“

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.

”

psychosocial safety + movement & sports practice

Sport and fitness organisations are increasingly aware of their obligations around psychosocial safety, and many are investing to meet them. That matters - but awareness and policy alone don't change how people behave in their jobs.

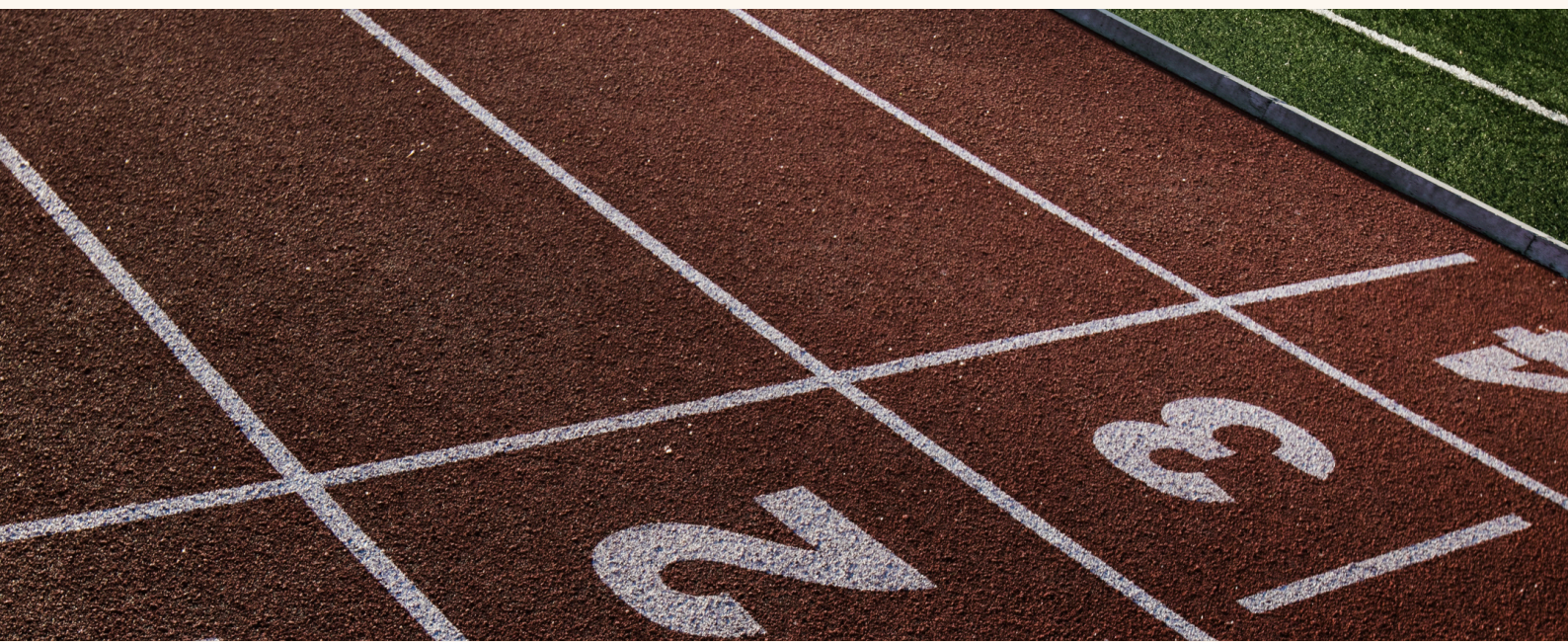
What drives real behaviour change is learning staff can apply on the ground, in their own context - not another framework to sit alongside the policy. Our Trauma-Informed Sports & Movement programs meet psychosocial safety obligations by giving staff the understanding and skills that shift how environments feel and function, day to day. That means understanding nervous system regulation, recognising stress responses in themselves and others, understanding how far their influence reaches, and making informed choices about how to change their practice - if at all.

Employees aren't being asked to become mental health professionals or to diagnose anyone. They're being asked to become more aware, more skilled and more deliberate with the influence they already have.

Psychosocial safety in practice

Meeting psychosocial safety obligations takes more than well-intended policy and Health & Safety training + posters. It takes people who understand what safety actually feels like for the humans in their environment - the felt sense of safety - and who have the skills to create the conditions where that's more likely.

Our Trauma-Informed Sports & Movement programs build that capability directly. Learners develop nervous system literacy, learn to recognise escalating stress responses in themselves and others, and examine the influence they hold in their role - influence that often goes unrecognised. They leave not with a compliance checklist, but with practical skill they can use - in daily interactions, session design, and as a positive influence on the culture of the organisation and wider community.



who are these programs for?

Our Trauma-Informed Movement & Sports Facilitation programs are the only trauma-aware and trauma-informed professional learning designed specifically for sport, health and fitness professionals.

These programs are ideal 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 looking to embed trauma-informed and psychosocially safe practice.

They're also useful for organisations wanting a shared language and practice across their people - so staff understand and respond to the humans in their care in a consistent way.

Participants don't need any prior knowledge outside their own profession. The program is built for people coming to this for the first time, and meets them where they are - whatever their role.

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 framework.

Level 1 | Foundations

1 day

- Understand how common trauma and chronic stress are, and their impact
- Identify signs of nervous system dysregulation in yourself and others
- Understand trauma-informed principles as a framework for practice in movement/sport

Level 2 | Application

2 days

Foundations, plus:

- Analyse real-world scenarios through a trauma-informed lens
- Practise adjusting communication and cues
- Apply the principles in your own organisation

Level 3 | Certification

5 days / 30 hour facilitation certification

Application, plus:

- Go deep into trauma-aware support techniques, in theory and practice
- Develop an approach to supporting your players, members or community - grounded in your context, shaped by your practice
- Integrate the learning into how you work, not just what you know
- Walk away with a 30hr Trauma-Informed Movement + Sports Facilitation certification from Trauma-Informed Yoga Australia





the methodology

Our Trauma-Informed Movement & Sports Facilitation programs draw on specialist expertise that's unique in the sport and fitness sector.

The 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 how it's delivered. Participants don't need to practise yoga at all to get the most from the program.

What the methodology brings is a body-based 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 ability to sense and understand what's happening inside your own body. Trauma and chronic stress disrupt this.

Building interoception intentionally supports emotional regulation, stress recognition and better decision-making - and gives learners a sharper lens for reading the people they work with.

Choice + agency

Trauma takes away a person's sense of control. Environments that offer real choice and agency support regulation and participation.

Choice and agency show up directly in how facilitators structure sessions, communicate with participants, and navigate authority/power in their role.

about TCTSY – the evidence base

This program's specialist lens is informed on Trauma Centre Trauma-Sensitive Yoga (TCTSY), developed at the Trauma Centre at JRI in Boston. It's the most rigorously researched trauma-sensitive yoga model available.

TCTSY became known through the clinical research of Dr Bessel van der Kolk (author of *The Body Keeps the Score*), whose studies showed that body-based practices could create measurable change in trauma symptoms where talk therapy alone hadn't. The Boston Trauma Centre's Certificate in Traumatic Stress Studies alongside multiple mental health, yoga and mindfulness specialist professional and teacher training programs also inform this program.

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.



The biggest improvements were in intrusion symptoms and body awareness - two of the hardest parts of trauma to shift.

That's by design. TCTSY works through interoception - guided, non-coercive attention to what's happening inside the body - and through structured choice-making. Both have measurable effects on nervous system regulation and the brain regions involved in emotional processing and self-awareness.

Applied outside the yoga context, these same principles shape how our Trauma-Informed Movement & Sports Facilitation programs build trauma-aware practice in sport and fitness.

The methodology transfers well because the science behind it isn't specific to yoga - it's specific to the body, the nervous system, and the conditions that let people engage in movement and with leaders, colleagues and teammates.

f.a.q.'s

Does this program include a certification?

Yes.

Every participant receives a certificate on completion, specifying which program they've completed (Level 1, 2, or the Level 3 facilitation certification).

How is the content tailored to our specific organisation?

No two organisations are the same - trauma-aware practice looks different in a footy club than it does in a recreation centre or a dojo. Before the program, we run a pre-workshop consultation to understand your people, environment, culture and challenges. This shapes the content and the mix of in-person and online sessions, so what participants learn is something they can use.

How is the program delivered?

We always prefer in-person delivery, but parts of the program can move online to suit your organisation. For example, the 2-day program could run as one day online and one day in person a week later.

The 5-day certification can be split into blocks, like 2 days and 3 days. Every organisation is different, and we adapt to fit your schedule.

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

1:1 coaching is available as an extra layer of support, to help embed these principles into daily practice. It's particularly valuable for people completing the 5-day certification, or as part of a tailored organisational package. We can also build a larger learning program - for example, combining this with trauma-informed yoga certification or trauma-informed leadership training, as part of a whole-of-organisation approach.

Do you support large-scale integrations across our organisation?

Yes.

We build tailored plans for large-scale implementation. Our focus is on building your internal capacity, so trauma-informed practice becomes a sustainable part of your culture. This can include working directly with senior leadership, people & learning, safety, risk, or your Board.

Does trauma-informed practice compromise high performance?

No - the opposite. A dysregulated nervous system can't learn skills or perform at its peak. These tools help people get into the state they need for focus and physical performance.

How does this program support high performance goals?

It helps break down the physical barriers to participation - all the way through to excellence. Staff learn to navigate dysregulation, mental health, and the big life events they deal with, whether or not that's officially part of their role - so talent can show up when it matters most.

How does this help with psychosocial safety and risk? It gives staff practical tools to navigate stress and big emotions in real time - protocols they can reach for, not just a policy they've read once.

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

This framework is the practical link between inclusion, wellbeing and performance - areas that often sit in separate silos. It offers one body-based approach to the root of engagement and safety across every department.

How does the program support diverse access needs?

The program are all designed for people from all backgrounds. The core focus is adapting trauma-informed principles to your specific context.

Can we partner in future social change or other public-good initiatives with you?

Yes. As a social enterprise, we're open to partnerships on initiatives for the wider sector or the community.

about trauma-informed leadership

Trauma-Informed Leadership was founded by Renée Robson on Wadawurrung Country in regional Victoria.

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

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. Trauma-Informed Yoga Australia's programs are certified with Yoga Alliance International where Renée is recognised as a Experienced Yoga Level 4 Teacher.

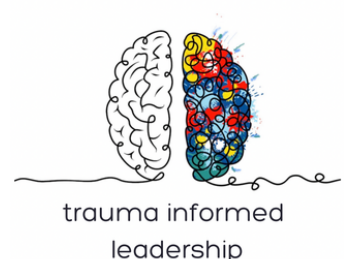
Her academic background includes a Master's degree in Management, researching organisational drift. She brings two decades of senior HR, leadership and learning roles nationally and internationally, including some of Australia's largest nonprofits - YMCA Victoria, Life Without Barriers, the New Zealand 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, and directly through Trauma-Informed Yoga Australia - the trauma-informed yoga facilitation and teacher training arm of Trauma-Informed Leadership.

contact us
(email)

our programs
+ services

more
about us



quick links

