

Professional Development
for MassHire Staff

TRAUMA & RESILIENCE IN THE WORKPLACE



STAFF TRAINING OVERVIEW

The MDCS and MWA, in partnership with CSW, is offering a two-part training series introducing trauma-informed and resilience-building concepts and practices while also teaching techniques to build resilience.

Both 'Introduction to Trauma and Resilience' and 'Secondary Trauma, Self-Care and Collective Care' are followed by an Action Lab that digs deeper into content and allows participants to practice techniques in a safe setting.

For staff to receive the full benefit of this training, completion of both classes and both Action Labs is strongly recommended.

STAFF TRAINING DESCRIPTIONS

Introduction to Trauma & Resilience

Participants will learn how trauma affects the brain, how trauma may show up when working with customers or colleagues and how it can impact success in education, training, and work. The training will also cover trauma-informed concepts and practices, along with ways to focus on healing and techniques to build resilience.

Action Lab #1

This action lab allows a safe space for participants to practice applying the tools and strategies learned at the Introduction to Trauma and Resilience training. The format will include facilitated breakout groups and group discussions.

Secondary Trauma, Self-Care & Collective Care

Participants will learn about secondary (or vicarious) trauma and how it can affect workforce development professionals. Participants will also discover self-care and collective-care strategies to reduce and prevent vicarious secondary trauma.

Action Lab #2

This action lab allows a safe space for participants to practice applying the tools and strategies learned at the Secondary Trauma, Self-Care, & Collective Care training. Format will include facilitated breakout groups and group discussions.

Introduction to Trauma & Resilience

Training 3/05/26

Action Lab 3/26/26

Secondary Trauma, Self-Care & Collective Care

Training 4/16/26

Action Lab 5/07/26

Trauma creates change you don't choose. Healing is about creating change you do choose.

- Michelle Rosenthal

Register to
learn skills for
resilience!

