

Trauma-Informed Leadership, Organizational Consulting & Professional Development

Helping Professionals & Organizations Build Sustainable,
Trauma-Responsive Systems

Contents

WHO WE SERVE.....	3
WHY ORGANIZATIONS & PROFESSIONALS CHOOSE LOTUS TRAUMA CARE.....	3
INDIVIDUAL CONSULTATION, SUPERVISION & PROFESSIONAL DEVELOPMENT.....	4
ESSENTIAL CONSULTATION OR SUPERVISION — \$250/HOUR.....	4
PROFESSIONAL CERTIFICATION PATHWAYS.....	4
ROOT — TRAUMA-INFORMED FOUNDATIONS \$250.....	4
RISE — FOUNDATIONS + APPLIED CONSULTATION \$666.....	5
BLOOM — ADVANCED TRAUMA & CULTURAL RESPONSIVENESS \$2,700.....	5
LEAD — TRAUMA-INFORMED LEADERSHIP CERTIFICATION \$3,500.....	5
ORGANIZATIONAL TRAINING & CONSULTING.....	6
STAFF CONSULTATION SESSIONS Starting at \$1,500 Up to 10 Participants.....	6
ORGANIZATIONAL CHANGE PATHWAYS.....	6
FOUNDATION Starting at \$5,000.....	6
ALIGN Starting at \$15,000.....	6
TRANSFORM Starting at \$30,000.....	6
SUSTAIN Starting at \$70,000.....	6
OUTCOMES & TRANSFORMATION.....	7

WHO WE SERVE

Lotus Trauma Care helps professionals and organizations address:

- Burnout and workforce exhaustion
- Emotionally reactive workplace dynamics
- Leadership strain and staff disengagement
- Trauma exposure and compassion fatigue

Through trauma-informed leadership development, consultation, and sustainable systems implementation, we help professionals and organizations build psychologically safe, culturally responsive, and emotionally sustainable environments.

WHY ORGANIZATIONS & PROFESSIONALS CHOOSE LOTUS TRAUMA CARE

- Practical trauma-informed implementation — not just theory.
- Leadership development grounded in nervous system awareness.
- Culturally responsive and healing-centered approaches.
- Burnout prevention and workforce sustainability strategies.
- Psychological safety and emotionally sustainable leadership.
- Interactive, consultation-based learning experiences
- Support for healthcare, education, nonprofits, and social services
- No generic guidance—just customized deliverables and targeted feedback based on your needs, strengths, and growth areas identified through assessment.

INDIVIDUAL CONSULTATION, SUPERVISION & PROFESSIONAL DEVELOPMENT

Designed for clinicians, supervisors, educators, coaches, leaders, and helping professionals navigate complex trauma work, leadership stress, emotional exhaustion, or workforce instability.

ESSENTIAL CONSULTATION OR SUPERVISION — \$250/HOUR

Trauma-informed consultation for clarity, confidence, leadership support, ethical decision-making, and sustainable helping practices.

- Complex trauma consultation
- Burnout and compassion fatigue support
- Leadership and supervision challenges
- Secondary trauma and moral injury
- Somatic and mindfulness integration
- Psychological safety within teams
- Trauma-informed treatment planning
- Culturally responsive engagement strategies

Professionals leave with increased confidence, stronger decision-making skills, practical implementation strategies, and sustainable tools to continue supporting others without sacrificing themselves.

PROFESSIONAL CERTIFICATION PATHWAYS

ROOT — TRAUMA-INFORMED FOUNDATIONS | \$250

A self-paced, interactive foundational training introducing trauma theory, nervous system literacy, emotional regulation, triggers, safety, and foundational trauma-informed principles.

RISE — FOUNDATIONS + APPLIED CONSULTATION | \$666

Includes ROOT plus three individualized consultation sessions focused on real-world implementation, leadership growth, and practical trauma-informed integration.

BLOOM — ADVANCED TRAUMA & CULTURAL RESPONSIVENESS | \$2,700

Includes RISE, plus advanced trauma education focused on complex trauma, systemic and racial trauma, nervous system regulation, and culturally responsive care for BiPoC communities.

LEAD — TRAUMA-INFORMED LEADERSHIP CERTIFICATION | \$3,500

Comprehensive leadership certification for supervisors, clinicians, educators, and organizational leaders implementing trauma-informed workforce sustainability practices.

ORGANIZATIONAL TRAINING & CONSULTING

Lotus Trauma Care partners with healthcare systems, nonprofits, educational institutions, and social service organizations seeking long-term workforce sustainability, improved outcomes, trauma-informed leadership, and psychologically safe workplace culture.

STAFF CONSULTATION SESSIONS | Starting at \$1,500 | Up to 10 Participants

90-minute focused, interactive consultation sessions for teams seeking guidance around burnout, trauma-informed engagement, workplace stress, programming, workforce regulation, and psychologically safe communication. Professionals leave with increased confidence, stronger decision-making skills, practical implementation strategies, and sustainable tools to continue supporting others.

ORGANIZATIONAL CHANGE PATHWAYS

FOUNDATION | Starting at \$5,000

Customized foundational trauma-informed training tailored to organizational culture, workforce needs, and client populations.

ALIGN | Starting at \$15,000

6-month leadership engagement combining executive coaching, consultation, supervision support, and burnout prevention planning.

TRANSFORM | Starting at \$30,000

Advanced systems integration, organizational alignment, leadership development, and workforce sustainability implementation.

SUSTAIN | Starting at \$70,000

Long-term organizational partnership focused on trauma-responsive systems, emotionally sustainable leadership, and culture transformation.

OUTCOMES & TRANSFORMATION

- Reduced burnout and emotional exhaustion
- Improved retention and workforce engagement
- Stronger trauma-informed leadership capacity
- Increased psychological safety within teams
- Better communication and de-escalation practices
- More culturally responsive systems of care
- Sustainable trauma-informed implementation
- Scalable, cohesive procedures and policies
- Improved program/organizational/client outcomes

Ready to Build More Sustainable, Trauma-Informed Practice, Leadership, and Organizational Systems?

Whether you are seeking leadership consultation, professional development, or organizational transformation, Lotus Trauma Care is honored to support your growth.

admin@lotustraumacare.com

www.lotustraumacare.com