

HEART

Healing Education and Responsive Teaching

Four Modules

1



Understanding
Trauma and
its Impact

2



Creating
Trauma-Informed
Classrooms

3



Intervention
Strategies and
De-escalation

4



Educator Wellbeing
& Whole-School
Approaches

Trauma-informed professional development programme
aligned with the
National Education Strategy 2024–2030 Wellbeing pillar.

100+ educators participated

Mainly Teachers, LSEs & KGEs



Predominantly female, mid-career

11–30 years' experience

Ratings clustered at 8–10/10

That content was
relevant, engaging and practical



Over 90% agreed or strongly agreed that

Environments
were conducive to learning.



What Educators Gained



greater empathy;
understanding
that trauma
is common,
often hidden and
impacts behaviour,
learning,
relationships and
brain functioning



Confidence
in seeing
behaviour
as
communication.



Awareness
of Burnout,
Compassion, Fatigue
& Secondary Trauma

Strategies
for self-care
and wellbeing.

High-Impact Methods



Interactive
group
discussions



case studies,
applied
strategy
sessions



emotion
regulation
discussions,
& challenging
behaviour
reframes



sensory
supportive
classroom
design.



De-escalation techniques,
communication toolkits,
LEAPS and active listening,
trauma-sensitive routines,
and classroom tools for
self-care and regulation.

Key Messages: Educators to Leaders



"Listen to us, not dismiss us"
call for compassionate, participatory
leadership and regular check-ins



Need for calm/wellbeing spaces,
supervision,
COPE sessions on trauma and wellbeing



Fair workload expectations.

System recommendations

1: Embed HEART within ongoing CPD
and CoPE

2: Expand guidance and counselling

3: Whole-school trauma-informed policies

4: Staff wellbeing is treated
as a prerequisite for student wellbeing.

Healthy Educators

Supportive Environments