

WELCOME TO THE

*Fletcher Group*

WEBINAR

# GET IT OFF YOUR CHEST

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IT'S AN INSIDE JOB



# REVEAL TO HEAL

## TRAUMA

WHAT IS TRAUMA?

HOW DOES TRAUMA AFFECT US?

WHAT IS TRAUMA BONDING?

ARE YOU AWARE OF YOUR OWN  
TRAUMA?

## TRIGGERS

WHAT ARE TRIGGERS?

WHAT TRIGGERS YOU?

DO YOU KNOW HOW TO MANAGE  
YOUR TRIGGERS?

## TANTRUMS

WHAT ARE TANTRUMS?

WHEN WAS THE LAST TIME THAT YOU  
HAD A TANTRUM?



# CHILDHOOD TRAUMA

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WHAT HAPPENED?

# HABITS

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- HEARTACHES (Emotional Overloads)
- HEAD ATTACKS (Intrusive Memories)

# EXPOSURE

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- Environment

# SUPERFICIAL STRENGTH

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- Suppressed vs Addressed

# TRAUMA TRAPS

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- Triggers and Tantrums
- Teachers vs Groomers

# CAREGIVERS

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THE WHY BEHIND WHAT YOU DO.

# CONNECTIONS

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- Relationships

# ACCOUNTABILITY

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- OWN IT
- CHANGE IT
- TEACH IT

# RECHARGE

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- Self-Care
- Boundaries vs Barriers

# EDUCATE

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- EQ/ Emotional Intelligence
- Education
- Experience



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