

Trauma, Trust, and Transformation

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In the wake of the post-pandemic mental health crisis, occupational stress and burnout have worsened, leading to increased disparities between employers and employees. Trauma and its effect continue to grow due to inadequate support systems and leaders ill-equipped to provide necessary resources for individuals to cope and succeed. It is crucial to prioritize proper training, resources, and support to holistically manage the mental health of our workforce. This session will focus on building resilience from stress and trauma by creating a more supportive environment. The breakdown in connections and trust stems from a lack of focus, high-speed interactions, and diminished interpersonal relationships. Therefore, it is imperative for leaders to dismantle existing barriers and construct bridges to close the divide. The cultivation of kindness in interpersonal communication has emerged as a critical leadership attribute and practice. The integration of kindness into leadership and organizational culture can significantly influence increased productivity, enhanced engagement, and improved retention, particularly in the midst of a turbulent and disruptive landscape.