

Session 2



California Community Colleges

Leading with Steadiness in Times of Unsteadiness

NAVIGATING UNCERTAINTY: TRAUMA-INFORMED RELATIONAL LEADERSHIP STRATEGIES

APRIL 9, 2025 | 10:00 A.M. – 11:30 A.M.
WITH Dr. Leora Wolf-Prusan



*Let's start
connecting...*



**Add your name, title/role,
and college in the chat.**

HOUSEKEEPING



Chat and Q&A: Please utilize the chat or Q&A function to ask questions throughout.



Closed Captioning (CC): Closed captions are available. Click on the (CC) button to read live captions.



Meeting Materials: Slides and any follow up materials will be provided following the presentation.



Recording: We are recording today's session, and the recording will be made available on the website in the coming weeks.

MEET OUR SPEAKER



Leora Wolf-Prusan, EdD, (she/hers) is the Managing Director for School Mental Health and Leadership at the Center for Applied Research Solutions. She directs the School Crisis Recovery & Renewal project and served as the School Mental Health Field Director for the Pacific Southwest Mental Health Technology Transfer Center (MHTTC). Her work spans various initiatives, including the 2020 Implicit Bias & Trauma-Informed Leadership series for CalWORKs, EOPS, and NextUp teams across California.

Leora specializes in grief and trauma healing, educator mental health, and trauma-informed leadership. Her research focuses on the impact of student deaths on teachers, fostering resilience, and identifying school system support for educators. She holds a BA in International Relations and Spanish from UC Davis, a teaching credential from Mills College, and an EdD in Educational Leadership from UCLA. Based in the Bay Area, Leora enjoys life with her daughter, Halleli Nuriel, along with apple crisp and good cheese.

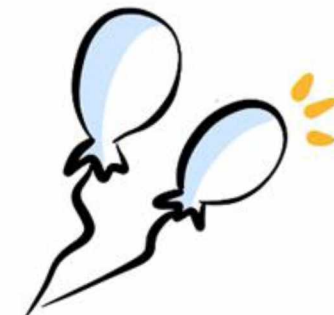


● FILL UP

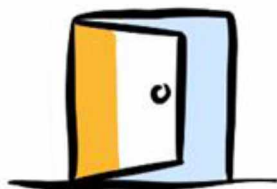
● TAKE A FEW DEEP BREATHS



● STRETCH



● EMOTIONALLY RELEASE YOUR TO-DO LIST



● CLOSE THE DOOR

WELCOME!
WE'RE SO GLAD YOU'RE HERE

WE'LL GET STARTED SHORTLY IN THE MEANTIME, WE INVITE YOU TO INTENTIONALLY ENTER THE SPACE.



● TAKE A BIO BREAK



● CLOSE BROWSER WINDOWS



● TEST YOUR TECH



● SILENCE YOUR CELL... AND TURN IT OVER

OUR SERIES TOGETHER

Session 1

Reflecting on Our Relationship to Change: Insights for Growth

• April 2, 2025

Session 2

Navigating Uncertainty: Trauma-Informed Relational Leadership Strategies

• April 9, 2025

Session 3

Centering Our Values in Our Actions: Healing-Centered Principles to Practice

• April 16, 2025

ARE YOU THE PEANUT BUTTEREE OR PEANUT BUTTERER?



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OUR TWO SIMPLE & SEARING ESSENTIAL QUESTIONS

What needs healing and transformation inside me to sustain transformation and healing in my work spheres?

What needs healing and transformation inside us to stabilize and reimagine our way of being?

OUR FLOW FOR PART 2

- **Welcome & grounding**

- **Rewinding to Session 1**

Self Inquiry & reflective practice: Our relationship with change, unsteadiness, & instability

- **Leading for Stability**

- **Closing**



THREE LEARNING TRACKS TRACKS TO EXPLORE

Me as a Learner	My Work Role	Me as a Facilitator
What am I learning in relation to my personal experience?	What are the practices, soundbites, learnings, takeaways that align with my work goals?	How would I lead this activity? What would I keep? What would I change?

What makes our leadership trauma informed- always, in the wake of, and in the aftermath of crisis / instability?

Relational Focused Culture

Trauma-Sensitive Communication

Today!

Mindful & Reflective Practice

Self-Inquiry and Critical Inquiry

**“TRAUMA UNPREDICTABLY VIOLATES OUR PHYSICAL, SOCIAL,
AND EMOTIONAL SAFETY RESULTING IN A SENSE OF THREAT
AND NEED TO MANAGE RISKS.**

**INCREASING STABILITY IN OUR DAILY LIVES AND HAVING THESE
CORE SAFETY NEEDS MET CAN MINIMIZE OUR STRESS
REACTIONS AND ALLOW US TO FOCUS OUR RESOURCES ON
WELLNESS.”**

-TRAUMA TRANSFORMED

REWINDING TO SESSION 1

OUR SELF - INQUIRY & REFLECTIVE PRACTICE

”If there is anything that we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves.”

— C.G. Jung

WHAT...HAPPENED LAST WEEK? WHAT LINGERED & LASTED?

- Our relationship to change
- Our core assumptions about change
- Building shared language: gateway feelings (Maté), belief systems of toxically stressed humans (Bloom), Five Gates of Grief (Weller)



“WHAT YOUTH NEED TO HEAR IS WHY THEY ARE LOVED.”

(STEELE & KUBAN, 2011)



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MOVING FROM OUR INNER REFLECTION TO OUR OUTER LEADERSHIP

"Change your opinions, keep to your principles; change your leaves, keep intact your roots."

— Victor Hugo



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Quick Mentimeter Poll – Part 2

Use the following link that is added
to the chat, or your cell phone to
access via QR code

Link to Mentimeter:

<https://www.menti.com/alqsmky66bw4>

OR

Add your answer to the chat!



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**WHAT ABOUT THIS VERY MOMENT FEELS PROFOUND
TO THE PEOPLE YOU SERVE?**

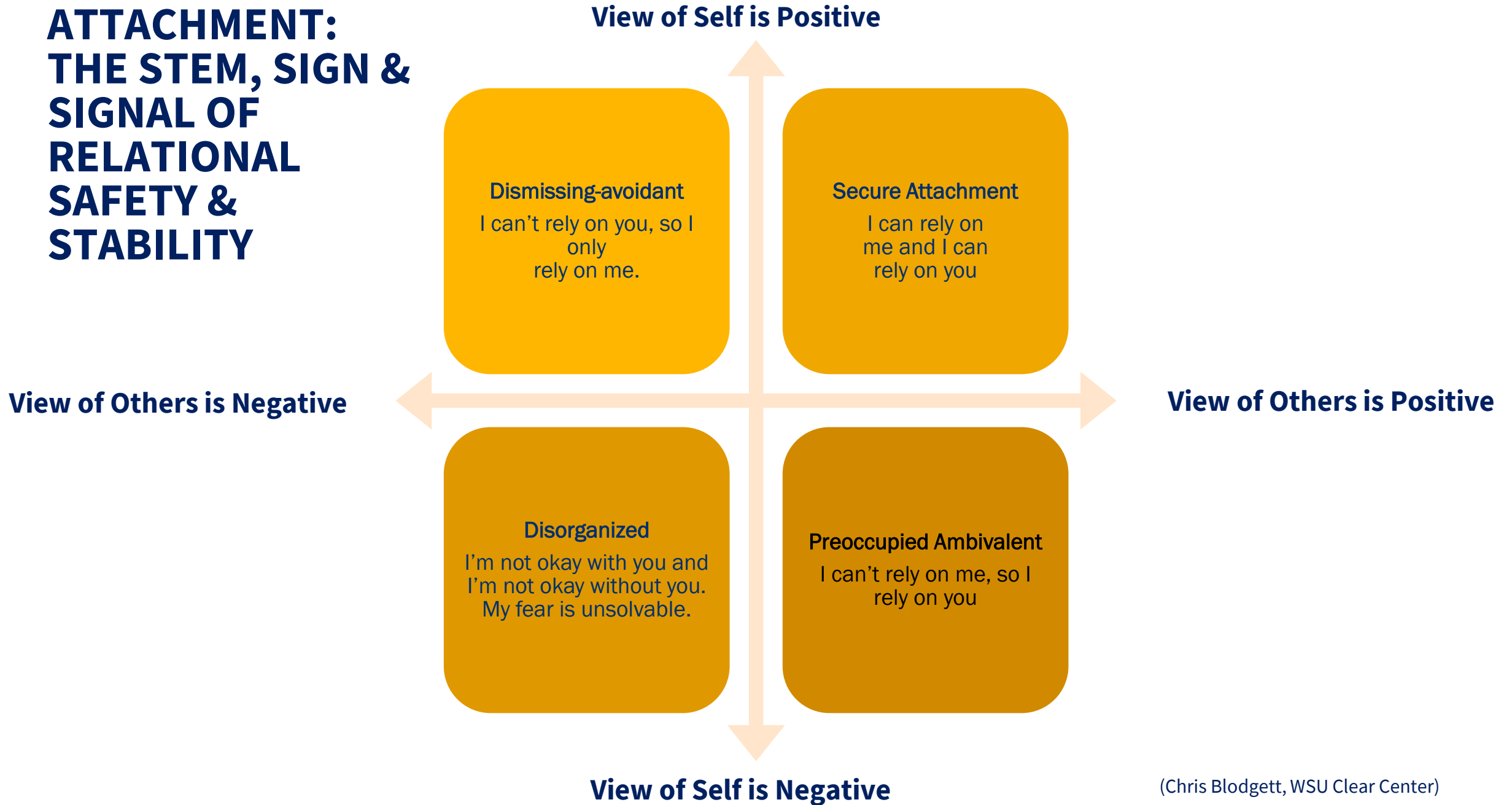
**WHAT ARE WE NOTICING ABOUT *UNCERTAINTY,*
CHANGE & LOSS IN EACH OTHER?**



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<https://www.menti.com/alqsmky66bw4>

ATTACHMENT: THE STEM, SIGN & SIGNAL OF RELATIONAL SAFETY & STABILITY



FIGHT

Labels: **“Aggressor” or** **“Noncompliant”**

Often experienced as:

- Verbal confrontation
- Physical aggression
- Unpredictable or reactive
- Active refusal
- Asks “why” questions

FLIGHT

Labels: “Overachiever” or **“Hyperactive”**

Often experienced as:

- Always moving/busy
- Avoids down time
- Perfectionism
- Obsessive over topic/performance
- Escape into thought/daydream
- Asks “how” questions

FREEZE

Labels: **“Disengaged”**

Often experienced as:

- Passive refusal
- Numbness
- Head down
- Avoid conversation
- Often unaware
- Avoids asking questions

FAWN

Labels: “People **Pleaser”**

Often experienced as:

- Caves into peer pressure
- Rule follower to please authority
- Fears saying “no”
- Hyper aware of the moods of others
- Asks lots of “what” questions

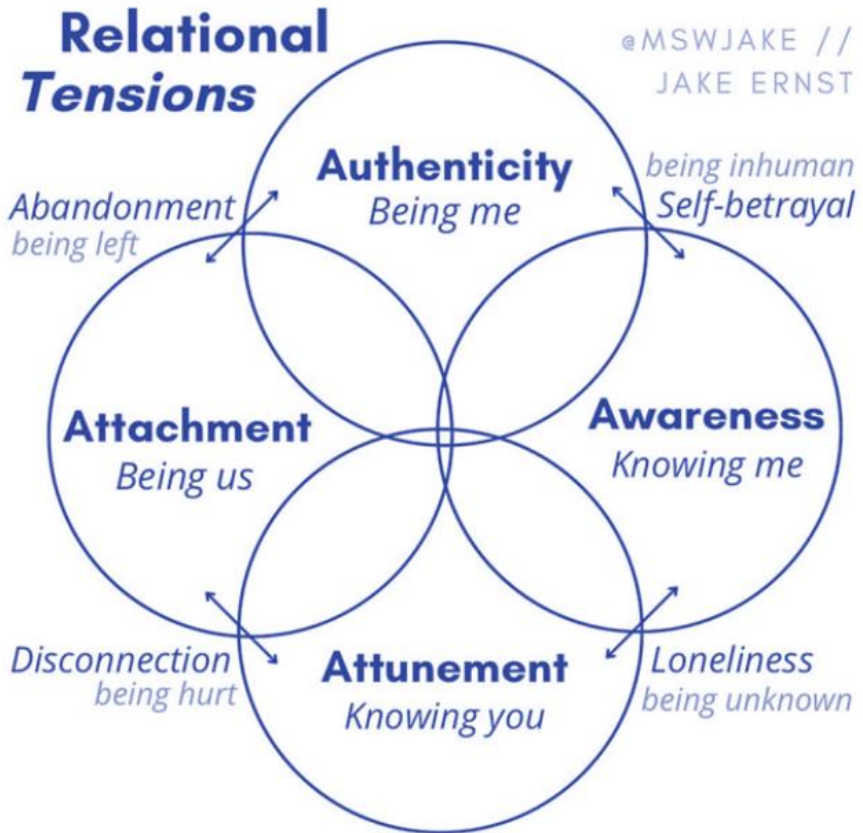
FIGHT

FLIGHT

FREEZE

FAWN

- **What might be signals of these response patterns in your loss, stress, and unsteadiness experiences?**
- **When you think about yourself, students and colleagues, which experiences and reactions feel most familiar?**
- **In the face of a crisis & instability, what do you see/hear/feel in students, colleagues and yourself that aligns with these responses?**



AUTHENTICITY.
AWARENESS.
ATTUNEMENT.
ATTACHMENT.

TRUSTWORTHINESS & TRANSPARENCY

What does trustworthiness look like to you when you are receiving leadership?

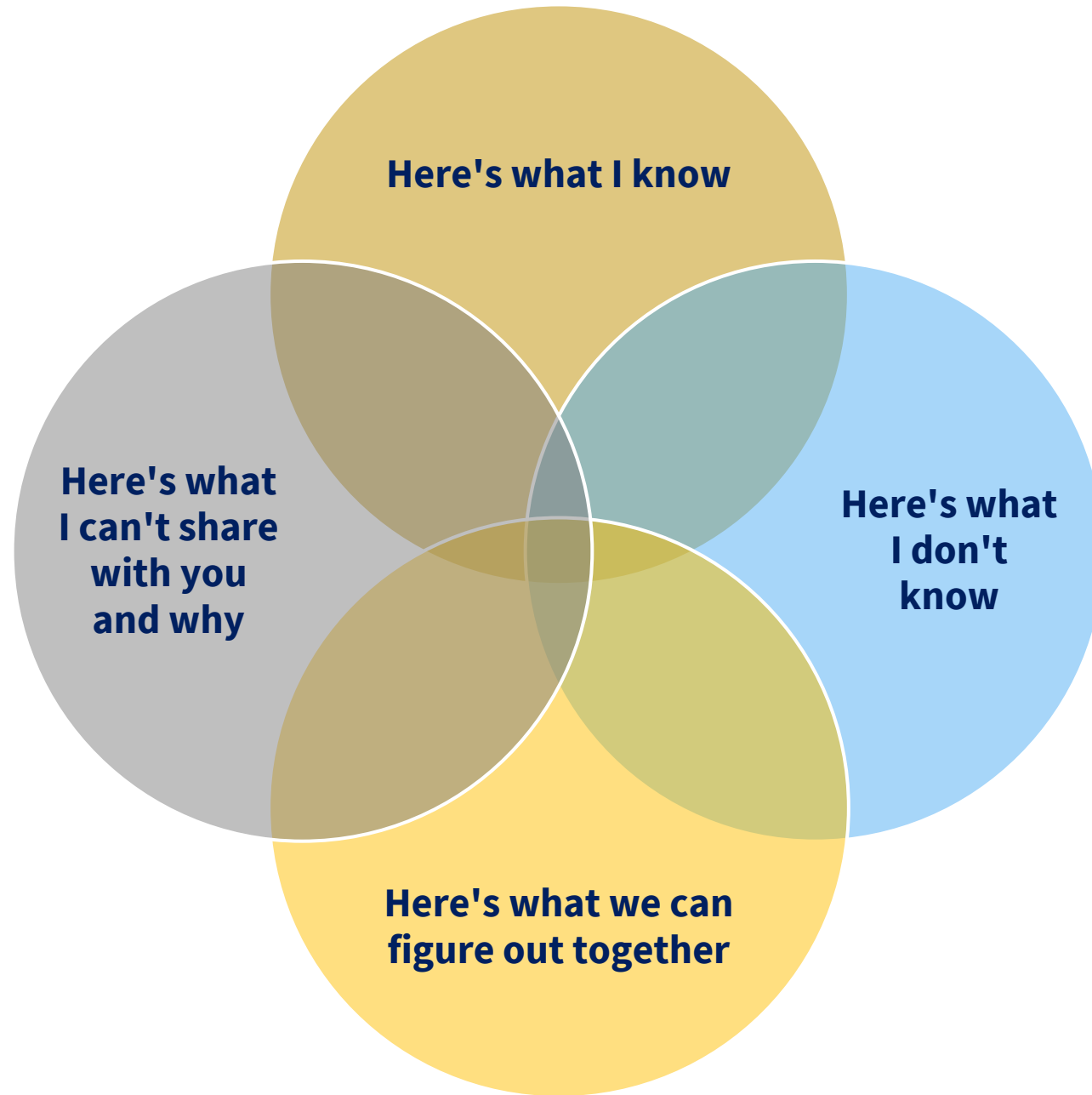
What does a lack of trustworthiness look like to you?

How does that relate to your experience with change?

We are aiming for practice, not perfection. We will hurt, misunderstand, and harm each other. We are human and we live in an incredibly violent and harmful world.

The point is to learn how to be accountable when we inevitably mess up, so that we know what to do.

-Mia Mingus





“LEADING THROUGH CHANGE AND UNCERTAINTY NECESSITATES A FUSION OF VISION, COMMUNICATION, AND INDIVIDUAL EMPOWERMENT.

WHILE THE WORLD AROUND US MAY REMAIN UNPREDICTABLE, THESE GUIDING LIGHTS CAN ILLUMINATE A PATH TO SUCCESS, ENABLING BOTH INDIVIDUALS AND ORGANIZATIONS TO NAVIGATE THE STORMIEST SEAS WITH STEADFAST CONFIDENCE.”

-CHARITY JENNINGS

CLOSING



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UP NEXT

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Until I thought of myself as the sea

I used to separate good days from bad until I thought of myself as an ocean. I used to split times I felt strong from when I felt weak until I imagined myself as the sea. Calm and rocky, wild and soft, still and powerful and vast and more than any one thing. In the ocean it's hard to divorce one mood from another, one wave from the next. Now, on my worst days, I think of how good life is too, how I still can greet joy while swimming through grief. How fragile strength feels. How I'm not any one thing in any one moment on any one day. I'm all of it and all of it is me.

@hannahrowrites



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RESOURCES & REFERENCES

- <https://karlitaliliana.medium.com/change-management-when-change-is-everywhere-and-overwhelming>
- <https://www.nationalequityproject.org/adaptive-strategic-planning>
- <https://schoolcrisishealing.org/mending-our-wounds-educator-and-school-leader-recovery-renewal/>
- <https://schoolcrisishealing.org/trauma-informed-covid-19-leadership-practice-guide-for-recovery-and-renewal/>
- <https://schoolcrisishealing.org/cultivating-conflict-culture-after-a-crisis-2/>



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Thank you!

For any questions or concerns related to the content of these webinars, please email cccsmh@cars-rp.org

www.cccco.edu