

# TEND Train the Trainer Program:

## Fall 2025, Online Intensive

The TEND Train the Trainer program offers a comprehensive curriculum for navigating high-pressure, trauma-exposed workplaces. Designed for both educators looking to train others and leaders aiming to drive systemic change, this program prepares you with best practices to navigate secondary traumatic stress (STS), burnout, moral distress, and other factors in the workplace.

**Facilitator:** Françoise Mathieu, M.Ed., RP.

**Format:** Zoom

### DAY 1

**Thursday, December 4, 2025 | 9:00am – 4:30pm ET (Eastern Time)**

9:00 AM	<b>Introduction &amp; Assessment of Your Areas of Strength &amp; Concern</b>
10:30 AM	<b>Break</b>
10:45 AM	<b>The 12 Educational &amp; Experiential Goals of Secondary Traumatic Stress 101</b>
12:00 PM	<b>Break</b>
1:00 PM	<b>New Research on Managing/Addressing Secondary Traumatic Stress &amp; Related Concepts</b>
2:30 PM	<b>Break</b>
2:45 PM	<b>Understanding the Neurophysiology of High-Stress, Trauma-Exposed Work</b>
4:30 PM	<b>End of Day 1</b>



## DAY 2

**Thursday, December 11, 2025 | 9:00am – 4:30pm ET (Eastern Time)**

9:00 AM	<b>Delivery Modalities for Specific Audiences &amp; Adapting to Online Education</b>
10:30 AM	<b>Break</b>
10:45 AM	<b>Integrating Grounding &amp; Resetting Activities into Your Workshops</b>
12:00 PM	<b>Break</b>
1:00 PM	<b>Organizational Health Essentials</b>
2:30 PM	<b>Break</b>
2:45 PM	<b>Performing a Needs Assessment &amp; Planning Your Next Steps as an STS Educator</b>
4:30 PM	<b>End of Day 2</b>

## FOLLOW UP Q&A SESSIONS

**Thursday, January 15, 2026 | 1:00pm - 2:15pm ET (Eastern Time)**

**Thursday, February 12, 2026 | 1:00pm - 2:15pm ET (Eastern Time)**

Questions? Please email Alison Goodfellow, Operations Manager at [alison@tendacademy.ca](mailto:alison@tendacademy.ca)