

Editorial Overview

Series 2: C-PTSD at Work

The Trauma Informed Growth Podcast explores Complex Trauma, C-PTSD and Post-Traumatic Growth through a business lens.

Be my guest! Email your preferred topics along with your timezone and suggested dates to [shannon at nb3 dot io](mailto:shannon@nb3.io)

AUDIENCE OVERVIEW

My background is Financial Services: FinTechs, Banks, Funds, Insurance in NA, SA, Europe and Middle East. After 20 years working in Human Behaviour, Growth, Performance & Leadership, I'd suggest a third of Corporate would suggest they are Highly Functioning, Secretly in Despair.



TOPICS & SUBJECT MATTER

1

Complex Trauma:

From what is it, to how it effects us at work, to why we might **not** know its there, to the day of reckoning, when it can no longer be ignored.

Complex Trauma examples, Capital C and T
Complex Trauma examples, aka Chronic Stress
Physiology of Complex Trauma
Why is a Growth Mindset not enough?
Coping Strategies, Addiction, Workaholics

2

C -PTSD

Why is it new? What is Trauma-Informed?
What is C-PTSD? How do I know I have it? What if I do have it, how can I get out from under it?
What if my boss, employee, client, has it?
What if my Self-Employed Entrepreneurial partner has it? How can I manage my own C-PTSD while considering for the mental welfare of my children?
How does C-PTSD effect Culture, Leadership, Talent Management, Innovation, Sales, or Revenue?
What are Top Down and Bottom Up resources? What Bottom Up resources are available?
What about Medication?

3

Post Traumatic Growth (PTG)

What is it? How is it different from mindset growth, performance coaching or leadership development?
How do I know if I'm in it? How do I get in it?
Is it really worth the effort?
What can I do here, that I can't do now? What I have is working for me. Does this phase ever end, if so, then what?
Co-creating with and through Source

4

C-PTSD ADJACENT

(Physiology of): Focus and Imagination,
What about Action? Comfort Zones and Artistic Expression?
How does C-PTSD effect Visualisation, Creativity, Money, The Role of Meaning and Meaningful
Congruency, Alignment, and Purpose
"I know what I am supposed to do, but I just can't do it

[Listen to Series 2, Episode 1 for more](#)



TRAUMAINFORMED GROWTH

INTERVIEW FORMAT

Audio or Video, 1-to-1 or a Panel. Visual aids are welcome and shared as links in the description.

Zoom is used for the recording, with Interviews averaging 30 to 60 minutes in length. Episodes tend to be made available within 3 days of the recording.

You will receive final files and design assets as png files for you to use as you see fit. Cross Promotion, Cross Marketing is available.

MEET SHANNON

I wrote the book: [C-PTSD at Work: Highly-Functioning, Secretly-in-Despair](#). It's kind of an auto-biography (but not) as I look back on my own journey from Complex Trauma into PTG.

I am wrapping up my MSc in Mind-Body Psych at UEL, in pursuit of my Phd in Complex Trauma at Work.

Having an inside view over 20 years on the mental health of Founders, Executives, Leadership, Staff Turnover, and Culture, I'm confident C-PTSD effects a third of employees in a way that permeates business.

It is not yet talked about sufficiently in this sector, I would like to change that.

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[C-PTSD at Work, The Book >](#)

