



**TRAUMA
WISE**

Change Agent Starter Guide

EXPLORING THE POWER OF SMALL STEPS TO CREATE
TRAUMA-INFORMED CHANGE

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Welcome to Your Journey as a Change Agent!

Congratulations on taking your first step toward creating trauma-informed change.

This guide is designed to help you:

- Understand what it means to be a change agent.
- Reflect on your unique strengths.
- Identify your spheres of influence.
- Take small, actionable steps that create meaningful change.

Whether you're leading in your home, workplace, or community, know that every small action matters. Together, we can create safer, more connected spaces that ripple into greater healing for all.

Let's begin this journey!

PART 1

What is a Trauma-Informed Change Agent?

Every Great Change Starts with You.

A trauma-informed change agent is someone who chooses to step forward and create healing, safety, and connection in their spaces. It's not about being an expert or making grand gestures - it's about intentional, compassionate actions that foster trust and resilience.

How Do I Know If This Role is for Me?

Ask Yourself:

- *Do I want to create spaces where others feel safe and supported?*
- *Am I ready to take small steps, even if I don't have all the answers?*
- *Do I believe my actions, no matter how small, can make a difference?*

If you answered "yes" to any of these, congratulations - you already have the mindset of a change agent!

Why Become a Change Agent?

- Trauma impacts everyone, whether directly or indirectly. Change agents help disrupt cycles of harm and replace them with cycles of healing.
- Small, intentional actions can have a ripple effect, creating safer and more supportive environments for others.
- Being a change agent allows you to align your values with your actions, fostering deeper purpose in your relationships and communities.

Activity - Reflection

WHAT DRAWS YOU TO THE IDEA OF BEING A CHANGE AGENT?

WHERE IN YOUR LIFE HAVE YOU **ALREADY CREATED POSITIVE CHANGE**, EVEN IN SMALL WAYS?

WHAT EXCITES YOU ABOUT STEPPING INTO THIS ROLE?

PART 2
Your Unique Strengths

Discover What Makes You a Powerful Change Agent.

Trauma-informed change isn't about perfection. It's about showing up authentically with the strengths and values you already possess.

Your lived experiences, natural qualities, and personal values are what make you effective in creating meaningful change.

Activity - Strengths and Values Reflection

WRITE DOWN **THREE QUALITIES** YOU NATURALLY BRING TO YOUR RELATIONSHIPS (E.G., PATIENCE, EMPATHY, CREATIVITY).

WRITE DOWN **ONE PERSONAL VALUE** THAT GUIDES HOW YOU INTERACT WITH OTHERS (E.G. KINDNESS, JUSTICE, CURIOSITY).

HOW HAVE THESE QUALITIES AND VALUES ALREADY HELPED YOU CREATE CONNECTION, SAFETY, OR HEALING FOR OTHERS?

Mapping Your Sphere of Influence

Where Can You Create Change?

You don't need to change the world all at once. Starting within your own sphere of influence is often the most impactful way to begin. These are the spaces where your presence, actions, and decisions have the greatest effect.

Exercise: Sphere of Influence Mapping and Reflection

1. Draw three circles (or imagine them in your mind):
 - **Circle 1:** Family/Home
 - **Circle 2:** Workplace/Professional Setting
 - **Circle 3:** Community/Volunteer Spaces
2. Write down **1–2 people or groups** in each circle who you interact with regularly.
3. Write down **one way** you could provide (or have provided) support to that person or group.

WHICH OF THESE SPACES FEELS LIKE **THE BEST STARTING POINT** FOR CREATING TRAUMA-INFORMED CHANGE? WHY?

EXAMPLE:

- **Family:** Support my child during emotional moments by staying calm and validating their feelings.
- **Workplace:** Speak up when I notice a colleague being excluded from discussions.
- **Community:** Volunteer to mentor youth in a local after-school program.

WHAT **SPECIFIC CHALLENGES** MIGHT EXIST IN THIS SPACE?

PART 4
Small Steps, Big Impact

How to Take Action Today

Change starts small. Whether it's listening without judgment, creating safe routines, or offering a kind word, small actions can inspire healing and connection.

The Ripple Effect of Small Actions

Small steps can:

- Build trust and connection with others.
- Model behaviors that inspire others to take action.
- Create a cumulative effect that transforms environments over time.

Action Planner

Use the table below to create your action plan. For each sphere of influence, write down:

1. **One small action** you can take this week.
2. **A challenge** you might face in implementing it.
3. **A solution** to overcome that challenge.

Sphere	One Small Action	A Challenge	A Solution
Example: Workplace	Host a weekly check-in meeting to encourage open dialogue.	Lack of engagement from co-workers.	Start with on-on-one invitations to build trust and participation.

PART 5
Your Journey Doesn't End Here

Activity - Reflection

AFTER COMPLETING THIS GUIDE, **HOW DO YOU FEEL** ABOUT STEPPING INTO THE ROLE OF A CHANGE AGENT?

WHAT EXCITES YOU MOST ABOUT TAKING ACTION?

WHAT SUPPORT DO YOU NEED TO MOVE FORWARD?

Thank You for Being the Change

By **showing up, reflecting,** and **taking small steps,** you've already begun creating a ripple effect of healing and transformation. Thank you for your courage and commitment to a trauma-informed world.

Ready For More?

Take your next steps with TraumaWise (traumawise.com)

- Join our free [TraumaWise Community](#).
- Increase your skills in the [TraumaWise Learning Hub](#)
- Learn about how to activate [trauma-informed communities](#)

