

TraumaWise Equip Journey Map

Find your people. Learn the tools. Build resilience together.



PAUSE & BELONG



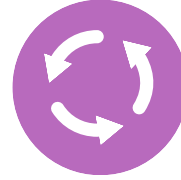
UNDERSTAND & NAME



EQUIP & TRY



REFLECT & ADJUST



SUSTAIN & INTEGRATE



GROW & LEAD

TraumaWise Equip is a **trauma-informed membership** for **caregivers, helping professionals, and community leaders** who want to create **safe, connected, resilient** spaces—without burning out.



M1 - Pause & Belong

Building the First Supports

- Artifacts: Felt-Safety Log + Buddy Agreement
- Badge: Felt-Safety Foundations



M2 - Understand & Name

Seeing the Structure Clearly

- Artifacts: Pattern Map + Language Card
- Badge: Name & Normalize



M3 - Equip & Try

Adding Stabilizers

- Artifacts: Pilot Plan + Script Sheet + Feedback Snapshot
- Badge: Micro-Practice Pilot



M4 - Reflect & Adjust

Reinforcing the Framework

- Artifacts: After-Action Review + v2 Practice Card + Repair Plan
- Badge: Iterate & Reinforce



M5 - Sustain & Integrate

Repairing from the Inside Out

- Artifacts: SOP Draft + Rhythm Planner + Onboarding One-Pager
- Badge: Integrated & Documented



M6 - Grow & Lead

Standing Strong

- Artifacts: Mini Mentorship Plan + Impact Story
- Badge: Grow & Lead

Benefits

Learn	Apply	Belong	Sustain
<ul style="list-style-type: none"> • Members-only Learning Event (monthly) • New On-Demand Course (monthly) 	<ul style="list-style-type: none"> • Monthly Implementation Q&A (live) • Interactive Workshop (monthly) 	<ul style="list-style-type: none"> • TraumaWise Online Community • Networking Sessions (2/month) 	<ul style="list-style-type: none"> • \$25 TraumaWise Cash (monthly) • Agent Activation Discovery Portal access

You get all membership benefits every month.

The milestones focus your efforts so growth is steady, compassionate, and sustainable

\$37/month - cancel any time

traumawise.com/equip

**TRAUMA
WISE**