

# Welcome Video Script

*from Lala's Journey online training*



Welcome to the training for Lala's Journey! We are so excited that in the next few hours you're going to have the opportunity to be trained as a facilitator for this small group course that helps kids find stability after hardship.

Probably like me, you are also not a trauma therapist, or you're just beginning to learn about trauma. And we want to teach you how to provide **first aid for the soul**. This is trauma-informed, expert advice from people that we know and trust that will teach you to do things with kids, and teach kids *themselves* skills to help them find that peace and balance after what they've been through.

My name is Amy Knöttner and I work with Echo International, providing small group mentoring courses on identity, value, and purpose. And along with Whitney Gerdes, who is going to introduce herself later, we are so excited to welcome you to this course.

The objectives for this part of your training—the training online—are as follows:

You will:

- **Analyze** a case study and identify signs of trauma.
- **Identify** and, if applicable, **use** self-regulation techniques.
- **Distinguish** between appropriate responses that will help children stabilize from trauma and inappropriate responses that could further harm them.
- **Engage** in self-reflection about personal motivations.
- **Interact** with and **use** the Lala's Journey book and curriculum.

With the goal that, after the training, you'll be able to take everything that you've learned, and go into your community, and, as a Lala's Journey facilitator, you'll be able to:

- **Lead** a children's group that provides healthy and healing relationships
- **Use** the Lala's Journey curriculum with confidence.
- **Respond** to kids in need using the tips in the course
- **Recognize** your own signs of trauma, burnout, or mixed motivations. and **care** for yourself.
- **Provide access** to resources needed to help children with trauma.

We've got a lot to cover! Let's get started!