

TIDAL facilitation lens - Synopsis

Overview:

To facilitate, loosely, is to bring something about, and do so as smoothly and effectively as possible.

And whatever I'm doing, from beginning to end, I want to have a TIDAL facilitation lens:

- Trauma-informed
- Insidious trauma sources
- Diversity – Individuality
- Accessibility
- Life

Things I might facilitate:

Trainings, presentations, meetings, moderating, consulting, so on.

What I want to keep in mind with the TIDAL components as I plan/prepare/do:

Trauma-informed: Trauma-informed approaches for creating physical/psychological safety.

Insidious trauma sources*: How the sources may/do impact my facilitation, and what I can do/try to make things better.

Diversity-individuality: One person or a multitude, there is all the possible diversity. And even in groups that have a fairly congruent culture, there is still individuality.

Accessibility: The CDC's prevalence estimate is 1 in 4 adults have some kind of disability, and accessibility considerations and practices.

Life: There are the typical daily components of our lives that need to be considered, and also that "life happens".

Hope this inspires thoughts and dialogue.

Training is available. Contact me at Gwen@ConnectAll.online Fees reasonable.

Whatever I'm doing,
beginning to end, I have
a TIDAL facilitation lens.



Trauma-informed
Insidious trauma sources
Diversity - Individuality
Accessibility
Life

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* **Insidious trauma** is the daily incidents of marginalization, objectification, dehumanization, intimidation, et cetera that are experienced by members of groups targeted by racism, heterosexism, ageism, ableism, sexism, and other forms of oppression, and groups impacted by poverty (VAWnet). [An introduction to insidious trauma - YouTube](#) provides an introduction to the definition and some of the possible impacts, and gives some ideas for what one might do.