



STAFFORDSHIRE
POLICE

Client: Staffordshire Police & Fire Service

Audience: TRiM Practitioners

Topic: Trauma, PTSD & Organisational Awareness

Format: Keynote Speaker / CPD Session

Attendance: 50

Staffordshire Police and Fire Service TRiM Practitioners Annual Refresher Day TRiM (Trauma Risk Management) practitioners from the emergency services wanted an honest, lived-experience perspective on trauma, PTSD and recovery. The aim was to help practitioners better understand the long-term impact trauma can have on individuals and identify the signs that organisations can sometimes overlook.

To understand the impact of trauma and how it manifests into PTSD when not recognised early enough after a traumatic event.

Carl delivered a tailored Caveman Principles and SLAP Technique Keynote, drawing on his experience as a former police officer living with PTSD.

Through storytelling, humour and practical frameworks, delegates gained a unique insight into the personal impact of trauma, recovery and organisational support.

Impact

- ✓ Delegates gained a deeper understanding of how trauma can develop into PTSD when warning signs are missed.
- ✓ Practitioners explored how trauma presents itself beyond the immediate incident.
- ✓ Real-life experiences helped bridge the gap between policy, process and lived reality.
- ✓ Delegates identified practical applications for leadership, welfare and peer-support conversations.

I am a leadership trainer so the slap technique is transferable to leaders

The real insight, openness and personal reflection.

Carl's enthusiasm and also bravery for speaking through his lived experience

Loved how you linked it to policing from your own experience



CARL JONES - THE CAVEMAN

Keynote Speaker

Helping teams understand stress, capacity and change through practical, memorable storytelling.

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