

# Why Your Organisation Needs The Tunnel Workshop

*A guide for decision makers, HR leads and people professionals*

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The Tunnel Workshop is the only facilitated trauma-informed session of its kind — built entirely from lived experience, grounded in a registered framework, and designed to create real and lasting change in the women who attend it. This guide is for the person responsible for making it happen.

## **The problem this workshop addresses**

One in four women has experienced domestic abuse. The majority are in employment right now. Many of your most committed, reliable, high-performing staff members are carrying histories that show up in their work in ways that are rarely named correctly. Presenteeism. Over-functioning. Inability to receive feedback. Conflict avoidance. Sudden resignation. These are not performance issues. They are survival patterns. The Tunnel Workshop gives organisations a way to address this directly.

## **What happens in the room**

The Tunnel Workshop is not a lecture about trauma. It is a facilitated working session that takes every woman in the room through The Tunnel Framework® — seven steps from survival to freedom. Participants engage personally with the framework, write their own responses, and leave with a roadmap they have built themselves. It is structured. It is safe. And it changes something.

## **What your organisation gets**

A workforce that has language for experiences most people have never been able to name. Women who understand their own patterns and can begin to distinguish survival responses from genuine choice. Leaders who understand what they are actually seeing when a team member withdraws, over-delivers, or suddenly disappears. A culture that signals clearly that this organisation sees its people.

## **What every attendee receives**

Every woman in the room receives a copy of Book One — The Tunnel: Seven Steps from Survival to Freedom — and the participant workbook. Full day attendees also receive The Guided Journal. These are not goodie bag items. They are the continuing work. The workshop is the beginning, not the end.

## **Who this workshop is for**

Corporate organisations investing in trauma-informed culture. Women's networks, employee resource groups and DEI programmes. Healthcare, education and public sector teams. Safeguarding leads, HR professionals and people managers. Charities, third sector organisations and community groups. Any space where women gather and where survival may have gone unnamed for too long.

## **How to book**

The Tunnel Workshop is available as a full day (all seven steps, from £12,997) or half day (foundation four steps, from £6,997) session. All fees are exclusive of VAT. Participant materials are included in every booking. Victoria works with organisations across the UK and internationally, in person and online. Every booking begins with a conversation to ensure the workshop is right for your context.

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## **Ready to bring The Tunnel Workshop to your organisation?**

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