



# Adversity, Trauma and Resilience

**This is my pledge – to listen to and support my colleagues, recognising all of us face adversity at some time in our lives**



**Jo Baker**

Programme Lead, Harnessing the  
Power of Communities

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I pledge to do all I can, both at home and in work, to prevent and protect people from experiencing trauma.

I will work alongside communities, the VCSE sector, and colleagues in health and care to tackle inequalities and improve people's health and wellbeing and their confidence and skills to cope with adversity.

I pledge to listen to and support my colleagues, recognising all of us face adversity at some time in our lives or come across it through our work.

