

# TRUE NORTH CONSULTING

## Trauma-Informed Approaches for Organizations Across Sectors

Understanding trauma isn't just for clinicians—it's essential for any organization that works with people. A trauma-informed approach recognizes the widespread impact of trauma and creates systems that promote safety, trust, empowerment, and healing. I help businesses, schools, healthcare systems, athletic programs, performing arts groups, and nonprofits integrate these principles into their culture, policies, and practices. Whether through workshops, consultations, or tailored training, I offer practical, evidence-based strategies to strengthen communication, reduce burnout, build resilience, and support overall well-being within your team and those you serve.

## SERVICES PROVIDED

Supporting organizations with trauma-informed strategies, trainings, and presentations tailored to their needs.

- Trauma-Informed Organizational Consulting
- Leadership & Communication
- ACEs & the Brain Architecture game\*
- Mindfulness & Self-Care\*
- TBRI, Substance Use Prevention Related Topics, and Grief

Using evidence-based strategies, research, training, approximately 20 years of education knowledge and experience, and a touch of humor to bring a dynamic, informative, and engaging experience.



Communication



Mindfulness & Self-care



Trauma-Informed



Lori Anderson,  
Licensed Prevention  
Professional,  
Mindfulness Facilitator,  
Trust Based Relational  
Intervention Practitioner,  
Mental Health & Wellness  
Coach.

To request a presentation or workshop, please click the appropriate google form link below:

Presentation  
Request Form



Workshop  
Request Form



**Additional Question? Please Contact me**  
**landerson.truenorth@gmail.com**

# True North Consulting Presentation & Workshop Fee Structure

Below is the current fee structure, separated by local and travel-based engagements. If you have any questions, please contact me at [landerson.truenorth@gmail.com](mailto:landerson.truenorth@gmail.com).

## Request for Presentation Fees

**Local Venues – No Travel or Lodging Required  
(Within 60 Miles)**

- 1 Hour Presentation: \$400
- 1 Hour 30 Minute Presentation: \$550
- 2 Hour Presentation: \$700

**Travel & Lodging Policy for Venues Over 60  
Miles**

For presentations and workshops held more than 60 miles from Baton Rouge, LA, travel and lodging costs will be added to the base service rate.

- Travel fees are based on the distance from Baton Rouge and the duration of the presentation or workshop. This may include mileage reimbursement, airfare, rental car, or other transportation needs.
- Lodging fees are added for full-day events or multi-day workshops when overnight stay is necessary. The number of nights will depend on the length and timing of the engagement.
- You will receive a customized quote that includes:
  - Base presentation or workshop rate
  - Estimated travel costs
  - Lodging costs (if applicable)

## Request for Workshop Fees

**Local Venues – No Travel or Lodging Required  
(Within 60 Miles):**

- Half Day Workshop (Up to 4 Hours): \$1,500
- Full Day Workshop (Up to 8 Hours): \$3,000
- 2+ Day or Multi-Series Workshop: \$4,500

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