



FIRST RESPONDER & FAMILY TRAINING

WELLNESS AS AN OPS PLAN

Attendees develop an operations plan from pre-surveillance through debrief to identify their wellness status, create and execute resilience strategies, and build their resource list for support systems

FORTIFYING THE FOUNDATION: BUILDING A STRONG SUPPORT SYSTEM

By exploring key concepts in communication, networking, and mutual support, we will delve into the essentials of establishing meaningful connections and fostering a network of trust and reliability

RE-ENERGIZING THE PEER SUPPORTER

This course provides students with the skills to rejuvenate and strengthen peer support systems within their agencies

GROUNDING ON THE GO

Learn skills on how to utilize brief, effective grounding practices that can be seamlessly incorporated into your day, enhancing overall well-being and reducing stress

ONE SIZE DOESN'T FIT ALL: FINDING A PROVIDER THAT WORKS

Discover the importance of personalized care and support for first responders when it comes to their mental and physical health

RE-FRAMING RESILIENCE

Empowerment through tools and strategies necessary to build and sustain resiliency both personally and professionally

NAVIGATING CAREER SHIFTS

Participants will gain the tools, insights, and support necessary to effectively manage and navigate career transitions, whether within their current organization or in pursuit of new opportunities after retirement

RETIRING WELL

This comprehensive training assists in preparation for every aspect of life after service. Participants will walk through their career timeline and leave with a practical checklist to guide their next steps



AGENCY TRAINING

LEADERSHIP FOR LAW ENFORCEMENT

Designed to enhance the management, decision-making, and interpersonal skills of law enforcement professionals, empowering them to lead with integrity, adaptability, and strategic vision in complex, high-pressure environments

LEADERSHIP FOR THE FIRE SERVICE

Essential leadership skills, fostering teamwork, and enhancing decision-making abilities to effectively lead fire service personnel in high-stress, emergency situations

BUILDING A FAMILY WELLNESS PROGRAM

Practical course designed to equip participants with the tools and strategies to create supportive, sustainable wellness programs that address the unique emotional and physical needs of first responder families

BUILDING OR ENHANCING YOUR PEER SUPPORT TEAM

A hands-on course that provides the skills and strategies necessary to establish or strengthen peer support networks, fostering resilience and mental well-being within first responder communities

UNLEASHING HEALING: ESTABLISHING A THERAPY K9 PROGRAM

Comprehensive course that guides participants through the process of creating and implementing a therapy K9 program to provide emotional support and healing for first responders and those in crisis

NAVIGATING CRISIS: CRITICAL INCIDENT & LINE OF DUTY POLICY

Essential course that equips professionals with the knowledge to develop and implement effective policies for managing critical incidents and line-of-duty situations, ensuring clear protocols and support for affected personnel

ENHANCING WELLNESS AND PERFORMANCE: A COMPREHENSIVE AUDIT OF FIRST RESPONDER AGENCIES

Practical course that has participants assess and evaluate existing wellness resources within their department, identifying gaps and opportunities for improvement to better support the well-being of personnel