

Bulletproof Spirit

Trauma, Post Traumatic Stress, and the Process of Healing

Effective Wellness Strategies that Enables

Individual Success – Agency Effectiveness – Community Impact

Every agency needs to provide the most ethical, professional services for the safety of our communities – Every first responder needs to serve without suffering from Post Traumatic Stress, low resiliency, depression, burnout, bitterness, addictions, and suicide ideation. Bulletproof Spirit provides the blueprint for a healthy, motivated, resilient first responder.

Attendees will learn about the crippling effects of trauma and learn how to develop resiliency, enhance coping ability, manage acute stress, effective methods to process and work through trauma, methods to remain motivated, as well as 20 proactive emotional survival strategies to heal and serve in wellness and peace.

- Warning signs – Restoring resiliency
- Emotional Survival Lessons
- 20 Emotional Survival and Wellness Strategies
- PTSD: Symptoms, Treatments: Process of Healing
- Critical Support from Home
- Peer Support/ Critical Incident Stress Management
- Strategies to process stress, overcome trauma, heal and maintain motivation, build resiliency while serving with compassion



Suicide is the #1 cause of death for first responders with another 20-33% suffering from Post-Traumatic Stress – *Don't become a victim of the job.*

Endorsement: *"Bulletproof Spirit details practical steps that are not only effective but essential...a must for all first responders. The wellness and emotional survival of these heroes depend upon it, as well as the safety of our communities."* - San Diego Police Chief Shelley Zimmerman (Ret)

Instructor: La Mesa Police Captain (ret) Dan Willis served 30 years and is a graduate of the FBI National Academy. He is a former crimes of violence, child molestation, homicide detective and SWAT Commander. He is an instructor at the National Command and Staff College and is the author of *"Bulletproof Spirit: The First Responders Essential Resource for Protecting and Healing Mind and heart."* He has presented in 24 states and Canada, providing emotional survival and wellness training.