

Training for all First Responders to Restore Resiliency and Heal from Traumas in these Times of Crises – 1 Hour Webinar Training

Bulletproof Spirit

Trauma, Post Traumatic Stress, and the Process of Healing

Effective Wellness Strategies that Enable -

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 effective ways to heal and develop resiliency, enhance coping ability, remain motivated while serving with greater purpose and effectiveness.

- Warning signs – Restoring resiliency
- 10 Emotional Survival and Wellness Strategies
- Trauma, PTSD, and the Process of Healing

Based on the emotional survival and wellness guidebook, “Bulletproof Spirit” which is required reading at the FBI National Academy in Quantico, Virginia.



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



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 molest, 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 31 states and Canada, providing emotional survival and wellness training.

CONTACT: dwillis1121@yahoo.com / www.FirstResponderWellness.com

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 depends upon it, as well as the safety of our communities.”* - San Diego Police Chief Shelley Zimmerman (ret)