



UNMANAGED STRESS AND PRESSURE **WILL** PUSH YOUR HEALTH AND RELATIONSHIPS OVER THE LINE

MINDFUL RESILIENCE FOR LAW ENFORCEMENT

MEETING STRESS WITH STRENGTH & INTEGRITY

TWO-DAY IMMERSION TRAINING

OCTOBER 26 -27, 2016 9:30 - 5:30

COST: \$350 LOCATION: SAN DIEGO RTC



- ✓ TAME THE MULTI-HEADED BEAST OF STRESS
- ✓ CULTIVATE WISE & HEALTHY COPING SKILLS
 - ✓ OPERATE ON ALL FOUR CYLINDERS
- ✓ CHOOSE CALM RESPONSIVENESS vs. KNEE-JERK REACTIVITY
 - ✓ DEVELOP ENGAGED PRESENCE vs. HYPER-VIGILANCE
- ✓ STRATEGIZE WITH TACTICAL EMPATHY & ASSERTIVE COMPASSION
 - ✓ IMPROVE INTERPERSONAL COMMUNICATION
- ✓ WORK PROACTIVELY WITH CHALLENGING EMOTIONS
 - ✓ STEER CLEAR OF MIND TRAPS
- ✓ BE IN CONTROL vs. BEING A CONTROL FREAK
 - ✓ SKILLFULLY LET GO OF THE PAST

TRAINING INCLUDES FOUR WEEKS OF EMAIL REVIEW, SUPPORT & FOLLOW-UP



FACILITATED BY:

**SUZANNE MATTHIESSEN, MINDFULNESS EDUCATOR & COACH
SERGEANT NICK PEPPER, M.L.**



FOR MORE INFORMATION VISIT MINDFULRESPONDERS.ORG

REGISTRATION: WWW.SDRTC.COM OR CALL (858)550-0040