



It's time to Join Us for...

Survive & Thrive Comprehensive Stress Resilience Training!™

Praise for Survive & Thrive:

"Of all of the stress management classes, this was the most applicable to what we do!"

"This class should be a requirement."

"This type of class is what all 911 people need. Over & over again. Never enough."

"Class was amazing and didn't want it to end."

DATE & LOCATION:

Hosting Opportunities are available to PSAPs in and beyond the U.S.

Visit our website to view current dates & locations.

All classes offered both on-site and virtual.

TO REGISTER:

E-mail:
info@911training.net

On-line:
www.911training.net

Phone:
231-622-1600

"In 20 years, this was the best course I have ever had."

This two-day course will equip you to manage the huge stressors unique to 9-1-1 as well as allow time for a deeper dive into critical issues such as depression, sleep, self-medicating, and PTSD.

What you'll gain:

- *Fascinating and empowering new insights to master acute, traumatic, and chronic stress, Compassion Fatigue AND The Sleep/Stress Dynamic*
- *Extraordinary conversation with your 9-1-1 peers about the life you share and how to make it better for everyone's sake*
- *Personal skills and tools you can build into your daily life to prevent and manage these negative stress impacts*
- *"In-the-moment" strategies to manage your distress (and the caller's!) during 9-1-1 calls ranging from the most annoying to most potentially traumatic*
- *A fresh and more encouraging Big Picture of your profession and a personal game plan for you as a person and professional to live and enjoy your life to the fullest*

You'll also discover tools to build great 9-1-1 relationships:

- *Recognize and the Stress-driven Toxic Relationship Dynamics that drive workplace conflict, damage morale, and poison relationships*
- *Learn how to conquer these toxic dynamics to create a 9-1-1 Culture of Respect by using keys to healthy team functioning*
- *Apply new skills and insights to help you shape healthier relationships in your PSAP and at home*

■ **CLASS FEE:** See website for most up-to-date information



www.911training.net | 231.622.1600 | info@911training.net