



It's time to Join Us for..

Survive & Thrive! Core Stress Resilience Training!™

PRAISE FOR SURVIVE & THRIVE:

"This is the best training course I have taken."

"Best class I have ever taken, hands down."

"Life changing information."

"I was never bored and always engaged."

DATE & LOCATION:

Hosting Opportunities are available to PSAPs in and beyond the U.S. All classes offered both on-site and virtual.

Visit our website to view current dates & locations.

CLASS FEE:

See website for most up-to-date information

TO REGISTER:

E-mail:
info@911training.net
On-line:
www.911training.net
Phone:
231-622-1600

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

There's no other stress resilience course like this in the 9-1-1 industry. This unique 8-hour course, designed by a mental health professional specializing in 9-1-1 stress, moves way beyond "cookie cutter" advice. You will be empowered to manage the stressors you face in and beyond the PSAP. This isn't a class to make you perform better (though you probably will!). It's an experience you'll help shape to make your LIFE the best it can be one day at a time!

Boost your personal resilience so that you can protect your quality of life at work and home by joining us to gain...

- **Cutting edge knowledge** about stress, 9-1-1 PTSD and other stress-related conditions that can (but doesn't have to) hijack your wellbeing
- **Personal resilience skills** and tools you can build into daily life to prevent and manage these negative impacts
- **Strategies to pull out of toxic stress cycles** fueling ugly peer conflicts and boost the morale of your shift and 9-1-1 center
- **"In-the-moment" strategies to manage personal distress** during 911 calls ranging from the most annoying and frustrating to those involving traumatic, life-threatening violence
- **A fresh and more encouraging vision** of your profession and a Personal Game Plan to go the distance at work and Survive & Thrive!



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