



It's time to Join Us for...

## *Survive & Thrive in EMS!* Core Stress Resilience Training™

### Praise for *S&T in EMS*:

*"Kept everyone engaged. Lots of "Ah Ha" moments."*

*"I wanted to stay longer!"*

*"Great presentation! Would go through the course again."*

*"Great course. Extremely eye opening to me on a personal level."*

### 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:  
kim@g11training.net

On-line:  
www.g11training.net

Phone:  
231-622-1600

**"I would take this class 10 times!  
Just an awesome presentation."**

There's no other stress resilience course like this in the EMS industry. This unique 8-hour course, developed by a mental health professional specializing in public safety stress, in conjunction with an EMS pro, moves way beyond "cookie cutter" advice. You will be empowered to manage the stressors you face in and beyond the rig. Discussion will also relate to the struggles with EMS burnout and compassion fatigue and the impacts on your personal and professional life. This isn't a class to help you perform better, although you probably will. *This class is an experience you'll use to help you in shaping your LIFE to make it 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, 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 conflicts and boost the morale of both you, your partner, and your peers
- **"In-the-moment" strategies to manage personal distress** during EMS incidents ranging from the most annoying and frustrating to those involving legitimate life-endangering situations.
- **A fresh and more encouraging vision** of your profession and a Personal Game Plan to go the distance at work and Survive & Thrive!



[www.g11training.net](http://www.g11training.net) | 231.622.1600 | [info@g11training.net](mailto:info@g11training.net)