

FIRST RESPONDERS AND LAW ENFORCEMENT Resiliency Training

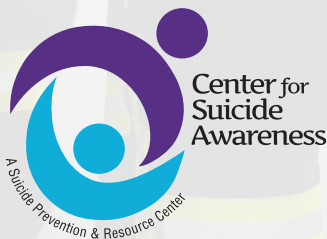
Our Staff is FBI Academy Trained in Resiliency Skills for the purpose of retention, reform and suicide intervention. Our role is to coach, guide, mentor First Responders and Law Enforcement on how to strengthen their departments in Resiliency and how to ask for help. Resiliency is based on Four Core Competencies:

- » **Mental** – the ability to effectively cope with unique mental stressors and challenges
- » **Physical** – the ability to adopt and sustain healthy behaviors needed to enhance health and wellbeing
- » **Social** – the ability to engage in healthy social networks that promote overall wellbeing and optimal performance
- » **Spiritual** – the ability to strengthen a set of beliefs, principles, or values that sustain an individual's sense of wellbeing and purpose

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The FBI Academy Training drives discussion about difficult conversations and aids Officers in the ability to shift their thinking during a crisis, or if they are struggling with trauma to ask for help and utilize these skills to overcome trauma to create a growth mindset for their personal and professional lives.

- » Overview of Resilience and the Resilience Toolkit
- » Finding Gratitude
- » Capitalizing on Strengths
- » Good Listening and Active Constructive Responding (ACR)



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