

COURAGE • GROWTH • COMMITMENT

POLICE CHIEF & SHERIFF WELLNESS AND RESILIENCE MULTI DAY WORKSHOPS

It can be lonely at the top, and often the best support system is with fellow Chiefs / Sheriffs who are walking the same path. Together, you can take the time to focus on personal and organizational resilience, while balancing assertiveness that fosters trust at all levels of your organization.

This workshop is exclusively for The Police Chief/ Sheriff. Other command staff should attend our Command Staff Resilience Multi Day Workshop.

This 3 day / 2 night program is held at our Eagle Creek Retreat Center in Idyllwild, California. Along with other Chiefs / Sheriffs, you will strengthen skills so others will continue to see you as a respected, competent, and compassionate leader. You will learn how to improve work- life balance and create a healthier culture for your department.



Objectives:

- Build resilience
- Burnout & compassion fatigue
- Retire well strategies
- Connection & understanding
- Post traumatic growth practices
- Responder home & family life
- Mental performance training



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Email: retreats@frhealth.com