COMMAND PRESENCE TRAINING™

> **A leader is great, not because of his or her power, but because of his or her ability to empower others.**
> **- John C. Maxwell**

PROFESSIONAL DEVELOPMENT TRAINING

Resilient Peronnel:
Prioritizing Wellness in Public Safety

Train the Officer. Mentor the Leader. Shape the Future.



May 6, 2027
8:00 AM - 5:00 PM

Texas City
Police Department
1004 9th Avenue North
Texas City, TX 77590

8-hour
course

REGISTER NOW

About This Course

As public safety professionals, it is essential to understand the impact of trauma and develop skills that foster resilience and promote well-being. Public safety professionals are exposed to traumatic and crisis incidents almost daily - at rates significantly higher than those of the general public. Therefore, first responders must recognize the signs and symptoms of trauma responses to intervene in ways that ensure the safety of everyone involved.

This course will explore the neurobiology of trauma and its impact on behavior. It will cover the stress cycle, common trauma reactions, and strategies to enhance on-scene safety and deescalate crises. Discussions will include resiliency, emotional intelligence, and self-care for first responders. Through real-world examples, activities, and classroom dialogue, participants will gain a comprehensive understanding of trauma informed responses applicable to promoting safety and resiliency for public safety professionals.

Who Should Attend?

Sworn and professional staff in non-supervisory roles who want to strengthen their self-leadership skills.

Texas City
EST. 1911

Key Takeaways:

- An understanding of the neurobiology of trauma and how it affects behavior in crises.
- The ability to recognize the signs and symptoms of a trauma response and build skills to safely intervene in crisis situations driven by trauma responses.
- Identify the stress cycle and how repeated exposure to traumatic incidents can lead to distorted thinking, emotional dysregulation, and altered reactivity to perceived crises.
- The skills to enhance their emotional intelligence and manage the impact of exposure to trauma on their mental, physical, and social health.
- How to enhance resiliency through appropriate self-care techniques.

Registration Information

$249/student

$199/student
Early Bird until 2/5/27

$199/student
Groups of 3+

Scan the QR code to view our entire training schedule.

Contact us
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