

Support for society's warriors, protectors, guardians, and healers

### What We Offer

- Resilience training with a focus on holistic wellness and work-life balance.
- In-person education, in-service, conference keynotes, and breakout sessions.
- Online courses and content with subscription options for individuals and organizations.
- Curriculum society's warriors can trust, evidence-based and taught by their peers.

### Who We Are

Our team is comprised of seasoned trainers, military veterans and first responders. We are your peers, and we are dedicated to helping you build resilience through education and a trauma-sensitive approach to the evidence-based practices we teach.



Col. Brenda Dietzman



Erik Huse



Kim Colegrove



Wendy Hummell



Chief Angela Carus-Yahne



Maj. Darren Ivey

Our instructors have backgrounds in law enforcement, fire service, emergency medicine, corrections, and the military.

### Why You Need Us

- Warrior mental and emotional health and wellbeing has long been ignored.
- Your training did not prepare you for the mental and emotional toll of our work.
- An investment in wellness is an investment in employees.
- LinkedIn's Workforce Learning Report states that 93% of employees would stay at a company longer if it invested in them.

### Why Online Training?

*With the proliferation of technology and online capabilities, e-learning is here to stay.*

Even the best wellness program out there can't guarantee participation. Employers need to be proactive. A 2021 report from Gartner found that *lowering the barriers of entry* for employees is key to its success.

We help you do that with a done-for-you, plug-n-play, no-brainer blueprint created to ensure success: [an onboarding plan](#) • [pre-written promotional emails](#) • [flyers](#) • [an engagement strategy](#) • [tracking and reporting](#)



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