

Learn To Survive & Thrive!

Last year the number of law enforcement officer suicides exceeded the number of LEO's killed in the line of duty. We need to learn skills to survive the emotional traumas of the job. This program teaches you how to strengthen your Self physically, mentally, emotionally and spiritually and is for all law enforcement professionals, both sworn and civilian, as well as their families.

Learn to build your wellness and resilience and how to support your peers!

Date/Time: **Wednesday, December 18, 2019 - 8am-5pm**

Instructor: John Marx, CPP

Course Title: **Armor Your Self™ Wellness Workshop**

Location: New Orleans Police Department
4650 Paris Avenue
New Orleans, LA 70122

Cost: \$179 per person

Each participant receives a copy of John Marx's book
Armor Your Self: How To Survive A Career In Law Enforcement,
which is a 458-page, softcover, resilience textbook (a \$24.95 value).



"The AYS program is powerful, mind opening and a must for all in the L.E. profession."

Sgt. Randi Glossman Jacksonville, FL Sheriff's Office

"Wow! Armor Your Self™ is a landmark, pioneering work, that belongs on every cop's bookshelf"

Dave Grossman Lt. Col., U.S. Army (Retired) Author of On Killing and On Combat

In our 8-hour Armor Your Self™ Wellness Workshop you will learn:

- About the "Hidden Dangers" that are killing more LEO's than bullets
- To define resilience and how it can impact your life and career
- The 7 Key Factors necessary for building Tactical Resilience™
- To create a plan not just to survive but to thrive
- How our law enforcement culture might be killing you
- About the Concept of True Blue Valor™ to muster the courage to help an officer in crisis
- To write a plan to help your Self, your Peers, your Family, your Agency and your Community

Registration deadline:

Wednesday, November 27, 2019

Register here:

<https://armoryourself.com/register/>

Course information call:

The Law Enforcement Survival Institute at 303-940-0411

Local host information:

Lt. Bruce Haney (504) 658-6650