



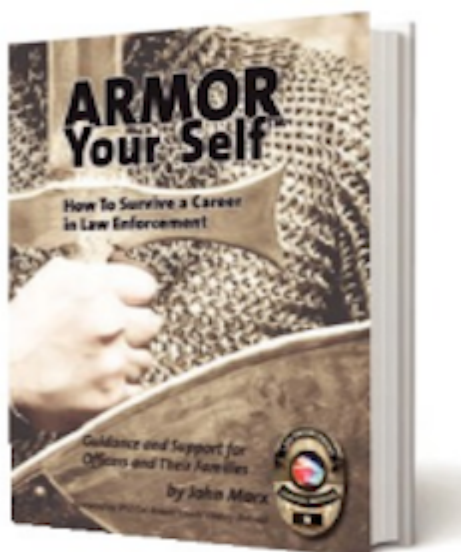
The Law Enforcement Survival Institute & CopsAlive.com Present:

Armor Your Self: How To Survive A Career In Law Enforcement

Learn to Build Wellness & Resilience

**For Your "Self", Your Agency, Your Family and Your Community
In our Resilience Research Learning Lab Workshop**

Law enforcement is a people business. If we don't take care of our people, we won't be able to take care of THE PEOPLE.



Date: April 30, 2019

Time: 8AM – 5PM

Location: Columbus Police Department

James G. Jackson Columbus Police Academy

1000 N. Hague Ave

Columbus OH 43204

Instructor: John Marx, CPP

Cost: \$179 per person

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

In our 8 hour Resilience Research Learning Laboratory program - 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™
- How to create a plan not just to survive but to thrive in life and your career
- 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

Register Here:

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

Registration Deadline:

April 2, 2019 (Seating is limited so register early!)

For Course Information call:

The Law Enforcement Survival Institute at: 303-940-0411

Local Host Information:

Officer Stephanie L Stephenson, Ph.D., at: 614-645-2218

