

CONTROLLING THE MIND & THE MACHINE

EDUCATION & MOBILITY TRAINING CURRICULUM



TacMobility:
Controlling the Mind + the Machine

Course Objectives



I

Trauma Education

How the brain responds to stress and trauma exposure

II

Resiliency Development

Identify emotional data and control emotional reactivity

III

Tension Management

Live training exercises and aids to practice recovery methods



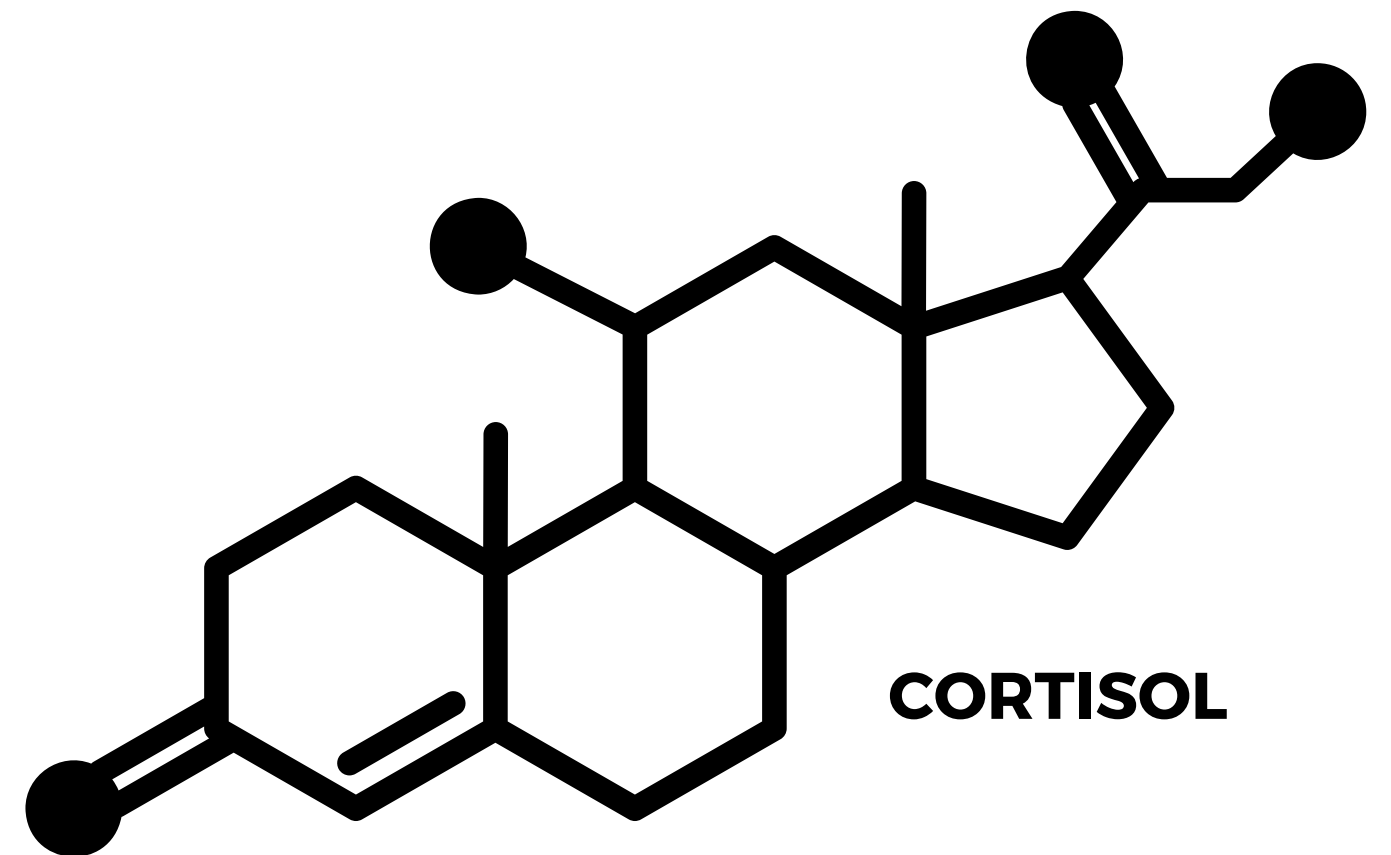
Trauma Education

Effects of stress/trauma exposure

Mind/Body Connection

Benefits of debriefing

State specific police statistics





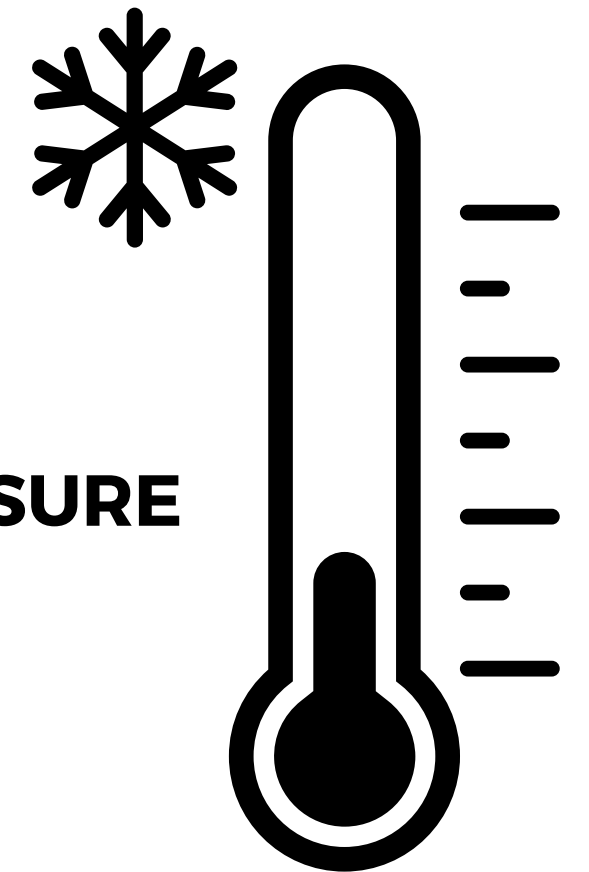
Resiliency Development

Stress inoculation training aid

Emotional intelligence training aid

Fight or Flight deceleration

Burnout recovery

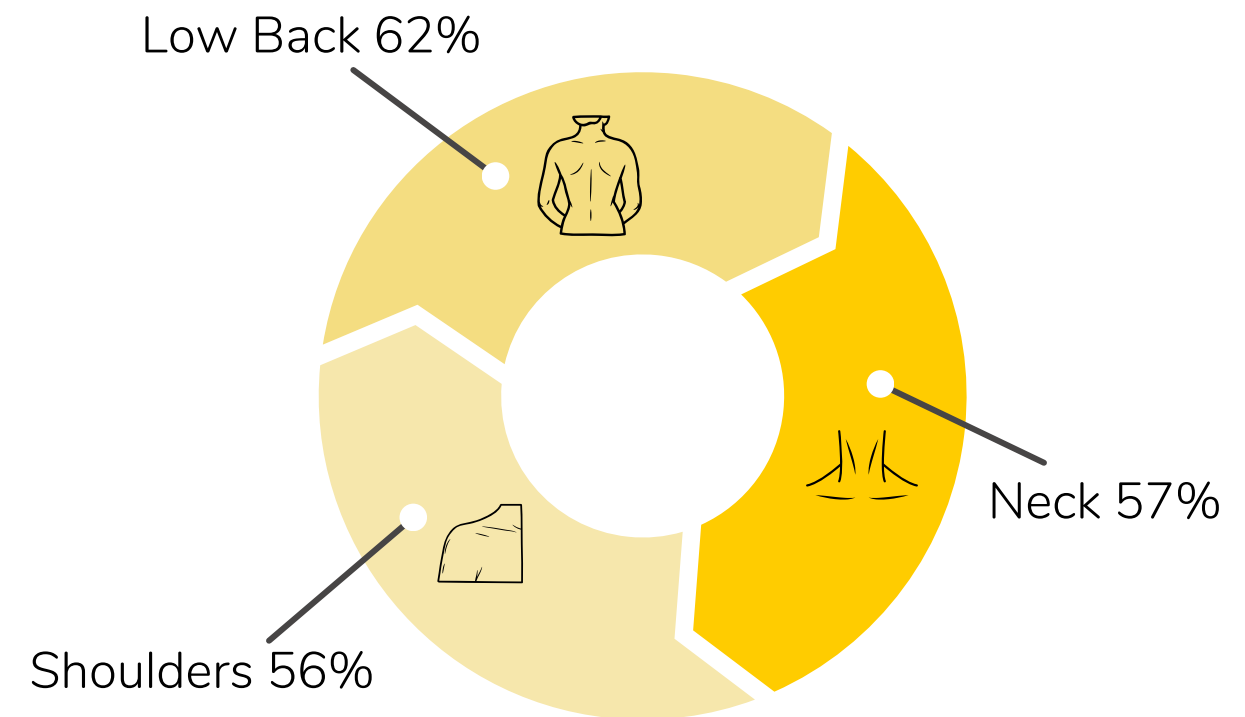


COLD EXPOSURE



Mobility

Customized to class needs
Stretches for chronic tension
Injury prevention
Nervous System regulation



**POLICE OFFICER
BODILY TENSION**



Additional Info

IADLEST certified
Liability insurance 1M
Evidence-Based Curriculum
Class engagement 100%