



# FIGHT OR FLIGHT RESISTANCE TRAINING

ATTN POLICE

SLOWING DOWN THE PACE IS AN  
OUTCOME, NOT A "HOW-TO".  
LOWER YOUR CRITICAL INCIDENT  
LIABILITY & IMPROVE DECISION MAKING

INCREASE  
RESILIENCY



LOWER RISK  
OF INJURIES

# JANUARY 25

## VIRTUAL TRAINING

\$149/EA with POST credits in  
some states



### FIGHT OR FLIGHT RESISTANCE

Live training aids to induce and help students decelerate Fight or Flight symptoms for better decision making and de-escalation.



### ON-DUTY INJURY RECOVERY

Customized recovery techniques consisting of Lacrosse ball mobility and static stretching to improve range of motion and reduce tension - upper back, low back, neck or knees.



### RESILIENCY DEVELOPMENT

Evidence-based research on the science behind stress, how to identify and manage stress symptoms and how it relates to mental health problems and chronic pain.