



FIGHT OR FLIGHT RESISTANCE TRAINING

ATTN KCSO

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

INCREASE
RESILIENCY

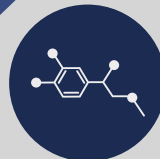


LOWER RISK
OF INJURIES

DECEMBER 8

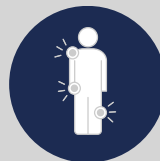
**KCSO
ONLY**

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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.