

TacMobility

Wellness & Resiliency Training



*It's not enough to hear
about officer resiliency,
you need to experience it.*

Trauma Informed Policing:

Evidence based research on the physical and psychological effects of stress & trauma exposure.

Resiliency Development:

Live training aids to induce fight or flight response in order to practice an optimal Heart Rate Variability (HRV) and experience resiliency.

Chronic Tension Management:

Customized recovery movements consisting of Myofascial release and static stretching to reduce tension caused from gear or stress.



TacMobility is NCP certified **continuing education** through IADLEST to meet your highest training standards.



HOST AN OPEN TRAINING | IN-SERVICE
WEBINARS | CONFERENCE WORKSHOPS
PRE-RECORDED BLOCKS | QUARTERLY WELLNESS

www.TacMobility.org