



A&K Consulting

Resiliency for First Responders

Prioritize Your Well-Being—Excel on the Job and at Home.

Your role is demanding, often putting others' needs ahead of your own. This unique training, developed from years of real-world insights and interviews with First Responders, offers tools to strengthen your resilience and improve your overall well-being—both on and off duty.

This training is proudly hosted by the Columbus, Nebraska Police Department, demonstrating their commitment to supporting First Responders in their community.

Training Details:

- May 14, 2025
- 8:30 A.M. – 4:30 P.M.
- Columbus Police Department located at 2330 14th St, Columbus, NE 68601.
- Cost: \$200 per person

What You'll Gain:

This training dives deep into the realities of being a First Responder, offering actionable strategies and insights to make a lasting impact on your personal and professional life:

- **Break the Stigma:** Address mental health challenges and normalize self-care.
- **Master Stress Management:** Practical techniques to stay calm and focused.
- **Prevent Burnout:** Identify signs and reclaim energy and purpose.
- **Substance Abuse Awareness:** Understand risks specific to your role and build a strong foundation for prevention.
- **Improve Workplace Dynamics:** Address and resolve toxic environments.
- **Suicide Awareness:** Recognize warning signs and take action.
- **Trauma Recovery Tools:** Build skills to process traumatic experiences, empowering you to move forward with strength.
- **Achieve Total Wellness:** Explore the dimensions of total well-being—physical, intellectual, emotional, social, spiritual, and financial health.

This training offers practical solutions that you can immediately apply to improve your personal and professional life. Every First Responder trained by A & K Consulting has reported learning valuable skills that make a lasting impact.

For more details or group registration, reach out to Kevin Erickson at 712-898-5041 or kevin@a-kconsulting.net. To register, scan the QR code, click the [Register Link](#), or visit our website at www.a-kconsulting.net.

