

Readiness Workshop Series

88 Tactical Omaha, NE

06-07 June



Responder Readiness (4-Hours): *Performance, Persistence, and Prevention.* Participants should expect to leave this workshop with a better understanding of how stress and trauma affect first responder performance and be equipped with techniques to build resilience and initiate difficult conversations. This workshop is open to corrections officers, firefighters, EMS providers, police officers, and dispatchers. Agency civilian staff may also attend if space is available.

Supervisor Readiness (4-Hours): *People, Positivity, and Prevention.* This workshop will explain why the mental and physical health of agency personnel should be a high priority for all agencies. We address development of resources and discuss policy considerations. We end this workshop with practical tips for including wellness practices into every day operations. This workshop is open to anyone who supervises first responders from field training officers to chiefs and city managers.

RANGEofResilience (4Hours): The #RANGEofResilience is designed to be easy to integrate into a wide range of training domains. Its focus on movement, mindfulness, and mental skills can be applied to a variety of professions, including first responders, military personnel, healthcare providers, and corporate employees. The program can be adapted to fit the specific needs and challenges of each group, making it a flexible and customizable tool for promoting resilience and well-being.

Hosted By

88 Tactical
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Location:

88 Tactical
15350 Shepard St.
Omaha, NE 68138
Sarpy County NE

Nearby Hotel:

Several in the local area

Nearby Airport:

Duration:

#Responder Readiness (4-Hours)
#Supervisor Readiness (4-Hours)
RANGEofResilience (4-Hours)

Tuition: FREE

Schedule of Workshops

Tuesday

0800-1200: Responder Readiness
1300-1700: Supervisor Readiness

Wednesday

0800-1200: Responder Readiness
1300-1700: RANGEofResilience

Register:



<https://1sthelp.org/event/omaha-ne/>

Made possible by:

Responder Readiness

(4-Hour Workshop)



First responders work in a world that is filled with hours of calm and moments of chaos. Couple this with everyday factors that touch our lives, and it is possible to lose our sense of purpose and drive. This course will focus on understanding the physiological and psychological effects of stress and job-related trauma on the body and identify tools that can increase long-term protective factors and optimize human performance under stress.

In this workshop facilitated by an experienced first responder, participants will engage in meaningful conversations about the stressful and often traumatic life of a first responder. Participants should expect to leave the workshop with a better understanding of how stress and trauma affect first responder performance and be equipped with techniques to build resilience and initiate difficult conversations

Outcomes:

PERFORMANCE

- 1) Describe stress and differentiate between two types.
- 2) Recognize the effects of stress on performance.

PERSISTENCE

- 3) Initiate an #IWillListen / #IWillTalk conversation.
- 4) Identify at least five resources for first responders in your agency.

PREVENTION - R.A.N.G.E. of Options

- 5) Explore resilience and healthy habits
- 6) Employ a RANGE of five resilience skills



Supervisor Readiness

(4-Hour Workshop)



Those who supervise first responders lead individuals in high stakes fields who are managing both cumulative and acute stressors. This course will explain why the mental and physical health of agency personnel should be a high priority for all agencies, addresses development of supporting resources and discusses policy considerations.

Those who supervise first responders lead individuals in high stakes fields who are managing both cumulative and acute stressors. This course will explain why the mental and physical health of agency personnel should be a high priority for all agencies, addresses development of supporting resources and discusses policy considerations. Prerequisite: Participants must complete the First H.E.L.P. Responder Readiness Workshop prior to attending this training.

Outcomes:

PEOPLE

- 1) Discuss the Mental Health Stigma.
- 2) Recognize the effects of stress on employees.
- 3) Discuss family readiness networks.

POSITIVITY

- 4) Discuss Well Being Theory and PERMA+ Model

PREVENTION - R.A.N.G.E. of Options

- 5) Initiate an #IWillListen Conversation with an Employee
- 6) Conduct Wellness Checks at After Action Reviews / Debriefs

**“Don’t
explain your
philosophy.
Embody it.”
~Epictetus**



R.A.N.G.E. of Resilience

(4-Hour Workshop)



The #RANGEofResilience is designed to be easy to integrate into a wide range of training domains. Its focus on movement, mindfulness, and mental skills can be applied to a variety of professions, including first responders, military personnel, healthcare providers, and corporate employees. The program can be adapted to fit the specific needs and challenges of each group, making it a flexible and customizable tool for promoting resilience and well-being.

This workshop prepares trainers, educators, supervisors, and others to integrate resilience practices into a wide range of opportunities. Graduates of this program can use the provided lesson plan to train a 1-hour resilience training or divide the program into modules to provide as opportunity training.

Outcomes:

What is resilience?

- 1) Explain the concept of RESILIENCE to responders

R.A.N.G.E. of Resilience

- 2) Explain and/or demonstrate the five resilience skills of First H.E.L.P.s #RANGEofResilience

Contextualize RANGE

- 3) Contextualize the Practices of the #RANGEofResilience to effectively train resilience skills to members of your agency

“The mind once stretched by a new idea never returns to it’s original dimensions”
~Ralph Waldo Emerson

