

BULLETPROOF SPIRIT

EMOTIONAL SURVIVAL AND WELLNESS TRAINING

Wednesday, December 9, 2015 | 8 a.m. - 12 p.m.

Free catered lunch from 12 p.m. - 1 p.m.

Free for CPOA Members OR \$25 Nonmember Fee

Carlsbad Safety Training Center

5750 Orion Street, Carlsbad, CA 92010



TRAINING INCLUDES:

- Warning signs
- Emotional Survival Lessons
- 30 Emotional Survival and Wellness Strategies
- PTSD: Symptoms, Treatments: How to Prepare
- Critical Support from Home
- Peer Support/ Critical Incident Stress Management
- Methods to process stress, overcome trauma, serve with compassion without being crippled by the job

Instructor: La Mesa Police Captain (ret) Dan Willis served 26 years and is a graduate of the FBI National Academy. He's taught at the San Diego Police Academy for 10 years and is the author of "Bulletproof Spirit: The First Responders Essential Resource for Protecting and Healing Mind and Heart."

Presented by California Peace Officers' Association Region IX- your source for quality public safety training.

Register Today One person per registration form. For registration policies, visit cpoa.org.

Name: _____ Rank: _____
Department: _____ State: _____
Street Address: _____ Zip Code: _____
City: _____ Phone: _____
POST ID: _____ Email: _____

Payment Information

Make checks payable to CPOA. Please send to CPOA, 555 Capitol Mall, Ste 1495, Sacramento, CA 95814. If paying with credit card, fax to 916-520-2277 or register at cpoa.org under the training tab.

PAYMENT (CHOOSE ONE OF THREE OPTIONS):

☐ Check or P.O. Enclosed

☐ Please Charge Card

☐ Credit Card (to hold spot)*

Credit Card Payment Options:

☐ Visa

☐ Mastercard

☐ American Express

Cardholder Name: _____ Card Number: _____

Ex. Date (MM/YY): _____ Security Code : _____

Billing Address: _____

Signature: _____

Cancellation Policy: All cancellations and refund requests must be made in writing. All cancellations are subject to a \$15 administrative fee. There will be no refund for cancellations received 15 days or less prior to the start date of the course. Refunds will not be given for no-shows.

Substitution Policy: CPOA encourages you to make a substitution if a student cannot attend the course; substitutions will be accepted prior to the course in writing and on-site.

***Registration Policy:** CPOA will not register anyone for a class unless payment has been received in full. If you are not able to provide payment with registration you may provide a credit card to hold the seat. However, all students must be paid in full 10 days prior to the class. If payment is not received and a card has been given to hold the seat, it will be charged.