SPEAKERS BUREAU

Presentation Information

Presentation Category	Emotional/Survivalist Mindset
Presentation Title	Strength in the Storm: Building Mental Toughness and Resilience for Public Safety
Presentation Length	60 minutes (standard) or 90 minutes (includes audience interaction and Q&A)
Presentation Objective	Attendees will leave with actionable tools to better lead themselves, support others, and thrive in the face of life's inevitable challenges.
Presentation Description	In this engaging presentation, Lieutenant Michael Slocum shares his journey of overcoming profound personal and professional adversity while building the mental toughness, resilience, and leadership necessary to move forward. Drawing on Misogi challenges, Stoic philosophy, and real-world law enforcement experience, he provides practical strategies for navigating adversity, embracing personal responsibility, strengthening resilience, and transforming setbacks into opportunities for growth. Yes
Speaker Name & Session	Michael Slocum, NA Session 289
Speaker Phone Number	14408131412
Speaker Email	eagle_1997@hotmail.com
Speaker's Biography	Lieutenant Michael Slocum serves with the Painesville Police Department and is the Director of Frontline Freedom, a nonprofit organization dedicated to strengthening the mental health and resilience of first responders through

	transformative outdoor experiences. A graduate of FBI National Academy Session 289, Michael is a Certified Law Enforcement Executive, instructor, and national speaker specializing in leadership, resilience, mental toughness, and first responder wellness. Drawing from more than two decades of law enforcement experience, personal adversity, Stoic philosophy, and wilderness expeditions, Michael equips public safety professionals with practical strategies to build resilience, embrace personal responsibility, and lead with purpose. His engaging presentations challenge audiences to view adversity not as an obstacle, but as an opportunity for growth, helping them better lead themselves, support others, and thrive in the face of life's inevitable challenges.