



OFFICER RESILIENCY, SAFETY, & WELLNESS

AGENDA

LOCATION
DATE

DAY 1

7:30 a.m. – 8:00 a.m.	Registration
8:00 a.m. – 8:15 a.m.	Opening & Welcome
8:15 a.m. – 10:15 a.m.	Trauma-Informed Leadership & the Future of Officer Wellness
10:30 a.m. – 12:00 p.m.	Below 100
12:00 p.m. – 1:00 p.m.	Lunch
1:00 p.m. – 2:30 p.m.	[Part 1] - The "FATAL 10" - Factors Influencing Officer Suicide
2:45 p.m. - 4:30 p.m.	[Part 2] - Inoculation and Vaccination Against the 10 Fatal Factors

DAY 2

7:30 a.m. – 8:00 a.m.	Registration
8:00 a.m. – 10:00 a.m.	The Role of Blue Courage in Health & Wellness
10:15 a.m. – 11:45 a.m.	Rebuilding the Tactical Athlete to Enhance Longevity
11:45 a.m. – 12:45 p.m.	Lunch
12:45 p.m. – 2:15 p.m.	Bullet Proofing Your Heart
2:30 p.m. – 4:30 p.m.	Honor Without Endorsement: Communicating Following an Officer Suicide