

Courage • Growth • Commitment

# POLICE CHIEF RESILIENCE RETREAT

It can be lonely at the top, and often the best support system is with fellow Chiefs who are walking the same path. Together, you can take the time to focus on personal and organizational resilience, while balancing assertiveness that fosters trust at all levels of your organization.

**This retreat is exclusively for The Police Chief/Sheriff. Other command staff should attend our Command Staff Resilience Retreat.**

Learn more!

Visit: [shiftwellness.com](https://www.shiftwellness.com)

Email: [info@frhealth.com](mailto:info@frhealth.com)

SCAN



This 3 day / 2 night retreat is held at our Eagle Creek Retreat Center in Idyllwild, California. Along with other Chiefs, you will strengthen skills so others will continue to see you as a respected, competent, and compassionate leader. You will also learn how to improve work-life balance, while creating a healthier culture for your department.

## Objectives

- Resilience workshop
- Burnout & compassion fatigue
- Retire well strategies
- Connection & understanding
- Post traumatic growth practices
- Responder home & family life
- Group & individual mental performance training



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