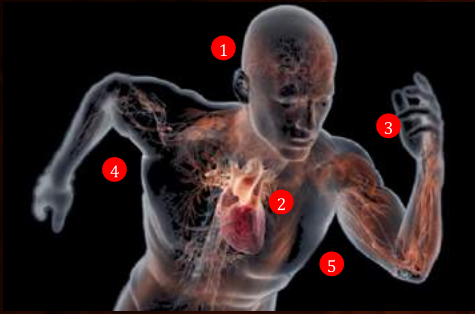


# LIFE IS MADE UP A GOOD EXPERIENCES AND BAD EXPERIENCES



How is it some people get stressed in tough situations and thrive, yet others are anxious, become ill, feel threatened, or fumble?

The incident jumps our heart rate and breathing, turns on sweat glands, sometimes cuts out our hearing, or we become disoriented, eventually impairing brain function - leading to poor decisions as the situation deteriorates.

When we look at most examples of poor performance in crisis situations, they involve stress hormones like adrenaline and cortisol, combined with associated fear, panic, anger, sleep problems and poor decision making. This has a direct impact on sick leave, productivity, EAP claims and potential loss of skilled employees.

**How do you change this? The answer is...**

## RESILIENCY TACTICS

Through the “Resiliency Tactics” leadership workshop, we identify stresses and high risk/high consequence situations that staff in your industry face day-to-day. This interactive workshop covers the neuroscience involved when our amygdala is hijacked, our fight/flight/freeze response, and how to manage it.

We will learn and practice specific *mental toughness* strategies utilized by SWAT Police Officers, Special Forces, Firefighters and Olympic Athletes. These cognitive and physical strategies can put you back in control of your body’s response and allow you to move forward. We will utilize 5 specific strategies against customized scenarios to engage high performance skillsets.

### WHAT YOU WILL LEARN:

- The Art of Situational Awareness
- Physiological Stress & Control
- Breathing Drills
- Self-Talk & Micro Goal-setting
- Dynamic Mental Rehearsal
- Science of Composure

This is a fast-paced interactive session to practice the points of mental toughness for new or experienced staff who may face a tough situation in their professional or personal life. Certificate of Workshop Completion is provided.

Facilitated by **David Gillespie** (Peterborough Canada), a firefighter and educator for the past 25 years. David shares his experiences in extreme stress, and research to manage it.

An adjunct college professor, former Chief Fire Training Officer and Mental Health trainer, he has run numerous successful training sessions and workshops in Canada & the USA.

### CONTACT DAVID TODAY

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🌐 [www.WhatIsYourWebsite.ca](http://www.WhatIsYourWebsite.ca)

*“Tough Situations Don’t Last, but Tough People Do.”*

