



EMBASSY CONSULTING SERVICES

Creating Safe Communities

In Partnership with the Seal Beach Police Department

BUILDING RESILIENCY IN LAW ENFORCEMENT DURING CHALLENGING TIMES

First Responders are routinely exposed to traumatic incidents and daily stressors that require a strong and stoic toughness of attitude and temperament. The goal of this training is to create awareness regarding the signs and symptoms of burnout and recognize the signs to prevent police suicide and P.T.S.D. The class will also explore ways to build resiliency and learn how to overcome the traumas of the job, in order to create balance at work and home. Spouses and significant others are encouraged to register and attend.

PRESENTER

Heather Williams, Regional Peer Support Coordinator, Orange County Sheriff's Department

GUEST SPEAKER

Michael Beckman, Deputy Chief, Long Beach Police Department

Anguished by his son Stephen's suicide, Deputy Chief Beckman relates a powerful story of Stephen's life, death, and the profound personal and professional revelations that resulted from his passing. Audiences have been informed and inspired by his powerful testimony.

ADDITIONAL SPEAKER

Hear from an officer who was involved in several critical incidents including having a "green light" put out on his life that ultimately resulted in PTSD. His journey to recovery included self-medicating to sleep, a DUI, addiction and rehabilitation. His story of resiliency and the fight for his life is both heartbreaking and inspirational.

**Target Audience: Law Enforcement, Fire Personnel & Emergency Responders and spouses/significant others.
Peer Support Members are encouraged to attend as teams**

Wednesday, August 16, 2017

8:00 am - 4:00 pm

Seal Beach Police Department
911 Seal Beach Blvd.
Seal Beach, CA 90740

Tuition - \$95.00 per person

Continental Breakfast and afternoon refreshments will be served

3 WAYS TO REGISTER

1. Visit: www.EmbassyConsultingServices.com/register
 - a. Under the list of upcoming classes, click on "Building Resiliency in Law Enforcement..." Wednesday, August 16, 2017
 - b. Complete Booking Form and online payment information through PayPal
2. Send in a check along with the completed Registration Form below.
3. Send an email to embassycs@gmail.com, requesting to be invoiced or to have a credit card payment taken over the

Registration Form

Name: _____ Agency / Title: _____

Email Address: _____ Class: 08/16/2017, Building Resiliency in Law Enforcement

Make checks payable to Embassy Consulting Services, LLC. & send payment to: 11278 Los Alamitos Blvd. #232, Los Alamitos, CA 90720

For questions, please call (562) 577-5874 or email at embassycs@gmail.com

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