

# Foundations of Blue Courage

Facilitator Guide

## Session Overview

Introduction & Learning Objectives	05m
Nobility of Policing Video	05m
Discussion – What is Blue Courage?	40m
<b>Break</b>	<b>10m</b>
Discussion – “Wants”	10m
Discussion – Inspiration to Mastery	10m
Discussion – The Heart & Mind of the Guardian	05m
Discussion – Managing the Mind	10m
<b>MEDIA (12 min)</b> – Lt. Brian Murphy	15m
<b>End of Session / Break</b>	<b>10m</b>

*Total Session Time: 2 hours*

### **Main Topics of Session:**

- *Nobility of Policing*
- *Blue Courage Defined*
- *What Chiefs & Line Officers Want*
- *Inspiration to Mastery*
- *Heart & Mind of the Guardian*
- *Focusing on the Moment*

### **Facilitators Needed: 1 (TAC)**

**Location: Classroom**

### **Materials Needed:**

- *PowerPoint – Blue Courage Foundations*
- *Blue Courage Facilitator Guide*
- *Blue Courage DVD*
- *Nobility of Policing Book*

### **Students Should Already Have:**

- *Blue Courage Participant Guide*



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**NOTE TO FACILITATOR**

This class is instructed using the Blue Courage Facilitator Guide and associated materials. Be sure to review the materials and notes in advance.

**BREAK/END OF SESSION**