

Blue Courage – Resilience & Hope

Facilitator Guide

Session Overview

Introduction & Learning Objectives	05m
Discussion – HeartMath	10m
Discussion – Definition of Resilience	05m
Discussion – Dimensions of a Whole Person	10m
Discussion – Resistance	20m
Break	10m
Discussion – Renewal	10m
EXERCISE – 16 Seconds to Clarity...“SnS”	05m
GROUP EXERCISE – Energy Drains	10m
Discussion – Physiology of Optimal Performance	15m
EXERCISE – Reflection & Commitment	10m
End of Session / Break	10m

Total Session Time: 2 hours**Main Topics of Session:**

- *HeartMath Organization*
- *Defining Resilience*
- *Depletion or Renewal*
- *Resistance & Emotions*
- *16 Seconds to Clarity...SnS*
- *The Role of Physiology*

Facilitators Needed: 1 (TAC)**Location: Classroom****Materials Needed:**

- *PowerPoint – Blue Courage Police Culture*
- *Blue Courage Facilitator Guide*
- *Blue Courage DVD*

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**