

# S.M.A.R.T.

## SURVIVE THE MENTAL AMBUSH RESILIENCY TACTICS

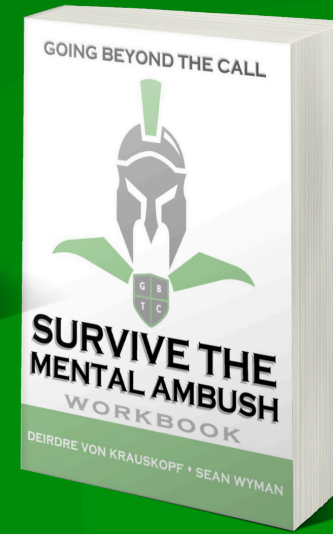
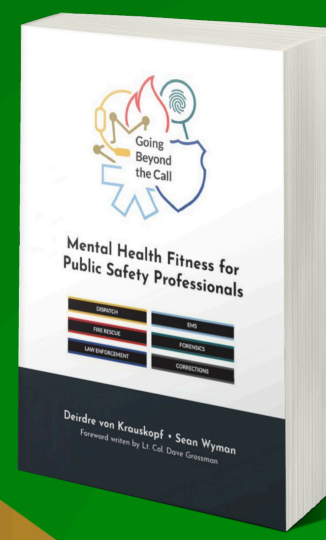


Charlotte County Sheriff's Office

Friday, September 13th 2024

3110 Loveland Blvd, Port Charlotte, FL 33980

0830 - 1630



Sponsors:



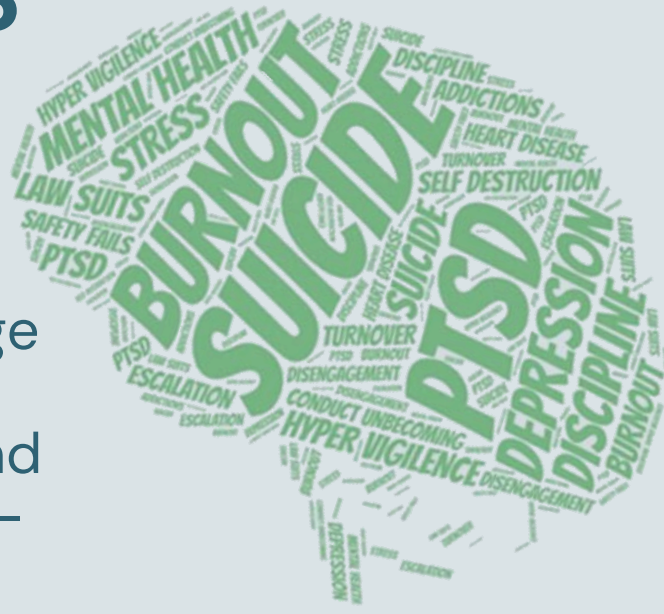
HERO LINK

ZETRON

### TRAUMA IMPACTS

Mental Ambush Preparedness

What you see, hear, and manage every shift has a guaranteed psychological, physiological, and relationship impact. From Burn-out, Hypervigilance, to more serious mental health challenges.



### VIGILANCE BALANCE

100% ON every shift. How to turn down the hyper-vigilance and use mindful resilience to transition from on duty to off-duty and quickly reset the nervous system.

*The brain is not designed to be "on" alert all the time!*



### RISK MANAGEMENT

There is a significant organizational cost to stress injuries that is rarely measured, tracked or mitigated well. Our services will improve your bottom line.



### ADAPTIVE RESILIENCY

It's not just the bounce back factor. Repeated vigilance and mental ambush preparedness needs advanced recovery tools to avoid burnout and the more damaging long term physical and mental fitness impacts.



### RELATIONSHIP SATISFACTION

Protecting those you love from the unimaginable things you manage without pushing them away, or challenging trust.



### EMOTIONAL INTELLIGENCE

Learn why are some more resilient and able to adapt to the daily stressors and challenges of life.

Beyond *mental health first aid* we share how to develop oneself for added happiness, better brain and body wellness, improved relationships, and positive physical and mental health



### STRATEGIC COMMUNICATIONS

Your words, body language, and mannerisms matter. A pre-escalation adaptive mindset avoids emotionalized responses within you, and by those you are communicating with.

- Control Self
- Manage Interactions
- Influence Others to best outcome for all



Deirdre von Krauskopf | Sean Wyman  
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*On Going Beyond the Call*  
*"You hold in your hands one of the most important books of our time.*  
*A hidden impact, a stigmatized secret that overshadows the men and women who sacrifice every day."*



Lt. Col. Dave Grossman, author of *On Combat*, and *Assassination Generation*



Officers go into "Battle Mode" for every shift which often unconsciously projects and increases emotional reactivity in others. Many have trouble turning off the switch when their shift ends which can lead to unhealthy coping choices and lower-quality relationships. Long-term stress has as much of a health and longevity impact as a one-time severe psychological trauma, and for about 10% it can lead to moral injury, depression, PTSD, and suicidal ideation.

Going Beyond the Call's S.M.A.R.T. workshops go beyond mental health training to build adaptive resiliency. For personal wellness we teach why the job changes you and how to better manage the long term impacts that harm mental and physical health, grow maladaptive behaviors, and hurt relationships.

Organizationally, we share how to improve interactions with the public from a pre-escalation mindset, when safe to do so. This lessens lawsuits, youtube sensations, and disciplinary actions. Improved overall wellness lessens lost time and physical health challenges common to the profession. Further, we strengthens your peer-to-peer intelligence with deeper neuroscience based knowledge to notice and take action when another is challenged.



Dr. Veronica Cahill,  
Chief Psychologist  
Federal Bureau of Prisons


All good stuff! Excellent workshop and great presenters. They taught very helpful information and I enjoyed hearing about their own experiences. One takeaway is that I am going to work on my go-to's and widen my circle. To have a 1-2-3. I have a one but not a two and three and like you said, for different situations that may be better discussed with a different go-to. I liked all the relaxation techniques we practiced, I can use them daily. The concepts were useful in how focusing on my stress will help me manage my staff's stress better. The positive staff engagement and how relying more on others can ease stress and overwhelm.



Fred Dunphy  
Tallahassee, FL

**FLORIDA PAROLE COMMISSION  
RET. CHIEF MIAMI-DADE PD**

In my 41 years in law enforcement, I've seen numerous speakers & training programs. I believe this workshop is among the very best I've seen and more importantly, it's what I feel law enforcement needs today!



Jamal Simpson  
Engineer / Paramedic

**TALLAHASSEE FIRE DEPARTMENT**

The Going Beyond the Call content was excellent. I liked the information on Childhood Trauma and how it impacts one through life. Learning the signs and what to do about PTSD and the effects of stress and burnout was insightful. High-quality presenters and really enjoyable training.



Matthew Bowden  
CPL, SWAT Team

**LAKE COUNTY SHERIFF'S OFFICE**

Going Beyond the Call is excellent! Understanding how childhood impacts ties into adult behaviors, and how to pull people out of an unhelpful emotional state. The Ego States and how I catch and control myself. This is very helpful to career success and personal life.



William Bayett  
Field Services

**BAY COUNTY SHERIFF'S OFFICE**


I thoroughly enjoyed this seminar. I found the practical exercises for grounding helpful, especially the breathing techniques. Understanding Compassion Fatigue and the Pre-escalation and De-escalation techniques were most helpful.



Chase Richards  
Sgt. / Training Officer

**APALACHICOLA POLICE DEPARTMENT**


The workshop was highly informative and the presentation was excellent. I gained good insight on how to deal with stress and also how to detect a partner's mental stress. The presentation provided helpful career success that will aid the officer's personal life as well, especially how to identify and manage issues with self.



Brittany Schmidt  
Communications Officer

**WALTON COUNTY SHERIFF'S OFFICE**

Going Beyond the Call provided many useful insights into grounding techniques for stress mitigation. This training helped the whole class so much, for self and how to deal with others on the job and in the community. The personal examples and interactions were great. This class needs to be mandatory for every agency!



Charles Melvin  
Work Squad

**FRANKLIN COUNTY SHERIFF'S OFFICE**


Going Beyond the Call was a great workshop. My favorite takeaways were how to recognize stress reactions, ways to cope with stress and different stages of PTSD. The presenters were well-prepared and very knowledgeable. I gained good insight and knowledge!



Mark Saunders  
Chief of Police  
Toronto, Ontario

**TORONTO POLICE SERVICES**


Communications training is as essential as emotional Intelligence training. Going Beyond mental health training is important as we often manage social and emotional interactions. Understanding how people react the way they do and how they may trigger us from our own past gives an advantage not often learned without years of experience. This training is essential for success.



Christopher Mannio  
Chief of Police  
Illinois

**PARK FOREST POLICE DEPARTMENT**


I researched and chose this training company. I bought copies of Going Beyond the Call ~ Mental Health Fitness for every member of our sworn and unsworn team as it truly goes beyond the call. The small investment is worth it to help us move forward in mental health management. This is a critical topic in law enforcement and I am committed to doing what I can for the wellness of my agency.



Delana Johnson  
Support Services  
Administrator

**FLORIDA DEPARTMENT OF STATE**

This was a great workshop! I wish I had this training years ago! The content is amazing! I learned a lot about understanding the responses of those I am engaged with, mindfulness, strategic communications, and Ego State responsiveness.



Kurt Tschuur, Lt.  
EMT/SWAT EMS  
Ret. Air Force Pararescue

**INDIANAPOLIS FIRE DEPARTMENT**

Not only was the book on point, but it made me look at myself with a whole new understanding. I was the recipient of some leadership coaching by Deirdre after and it changed my life for the better! I bought a whole box of books that I hand out regularly to those I feel need to start their own inner reflection journey. This work is life-saving!



**SEAN WYMAN**  
B.S., CIT, CTP-1

Sean is a former military special operator and 20-year Law Enforcement Officer. He is a certified High Liability, Firearms, and Defensive Tactics Trainer. Sean is a trauma-informed care speaker, organizational trauma-informed consultant and best-selling author of self-help books. Sean received the Attorney General's Back the Blue Award.

Sean's experience and advanced education are in Critical Incident Management and Trauma-Informed Care along with a BS in Public Safety Administration. He is a licensed provider of Strategic Communications, Emotional Intelligence, and Resiliency Programs. Going Beyond the Call's unique method is 'street-tested' and has made a significant impact on the community he serves.



**DEIRDRE VON KRAUSKOPF**  
EMBA, BA, PMP, PPM, CCMP, CTP-2

Deirdre is a veteran (Intel/Sharpshooter) sharing 30+ years of Senior Leadership in her consultancy and training businesses. Her expertise includes; Organizational and Human Behavior, Neuroscience, Emotional Intelligence, Change Leadership, Disaster Management, and Strategic Communications. She is a PMP, Certified Change Manager, Project Recovery Specialist, and Trauma-Informed Care Professional that helps individuals and organizations achieve transformative change utilizing cognitive and behavioral sciences.

Deirdre is working towards her PhD. She enjoys simplifying complex neuroscience to help others understand why the brain is not always our friend when it comes to trauma and stress reactivity. Deirdre has authored six books and created over 75 training programs.