



Mindful Resilience for Law Enforcement: Meeting Stress with Strength and Integrity Program Agenda

Part One: Live Two-Day Immersion Training

Day One:

9:30-10:00: Arrival
10:00-11:15 Module One
11:15-11:30: Short Break
11:30-1:00: Module Two
1:00-2:00: Lunch Break/Awareness Exercise
2:00-3:15: Module Three
3:15-3:30: Short Break
3:30-5:00: Module Four
5:00-5:30: Open for Group and One-On-One Q&A

Homework Exercise

Day Two:

9:30-10:00: Arrival
10:00-11:15 Module Five
11:15-11:30: Short Break
11:30-1:00: Module Six
1:00-2:00 Lunch Break/Awareness Exercise
2:00-3:15: Module Seven
3:15-3:30: Short Break
3:30-5:00: Module Eight
5:00-5:30: Open for Group and One-On-One Q&A

Part Two: Mindfulness Toolkit: Four Week Review and Support Via email:

Week One:

Tuesday: 1) Handout: Review Mod One; 2) Audio Recorded Guided Practice; 3) Handout: Self-Reflection Exercise
Thursday: 1) Handout: Review Mod Two; 2) Audio Recorded Guided Practice; 3) Handout: Self-Reflection Exercise

Week Two:

Tuesday: 1) Handout: Review Mod Three; 2) Audio Recorded Guided Practice; 3) Handout: Self-Reflection Exercise
Thursday: 1) Handout: Review Mod Four; 2) Audio Recorded Guided Practice; 3) Handout: Self-Reflection Exercise

Week Three:

Tuesday: 1) Handout: Review Mod Five; 2) Audio Recorded Guided Practice; 3) Handout: Self-Reflection Exercise

Thursday: 1) Handout: Review Mod Six; 2) Audio Recorded Guided Practice; 3) Handout: Self-Reflection Exercise

Week Four:

Tuesday: 1) Handout: Review Mod Seven; 2) Audio Recorded Guided Practice; 3) Handout: Self-Reflection Exercise

Thursday: 1) Handout: Review Mod Eight; 2) Audio Recorded Guided Practice; 3) Handout: Self-Reflection Exercise;
4) "Next Steps" Recorded Video