

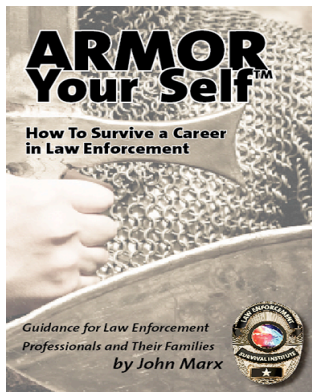


## The Armor Your Self™ Training Program

The "Armor Your Self™: How to Survive a Career in Law Enforcement" program offered by The Law Enforcement Survival Institute and CopsAlive.com is a Law Enforcement Health, Wellness & Resilience Training Seminar based on the book of the same name.

This training program is a powerful seminar that will help you begin building the foundations of law enforcement health and wellness for you, your family and for your organization. You will find the tools you need to recognize the symptoms of the toxic effects and hidden dangers of a career in law enforcement, and be able to create a plan for your survival as well as for your family, team and organization.

Our "Armor Your Self™" Program includes eight hours of training on how to begin strengthening and conditioning yourself physically, mentally, emotionally and spiritually.



### The Eight Modules of The Armor Your Self™ Program:

1. Your Threat Assessment of the "Hidden Dangers" of Law Enforcement
2. Armor Your Self™ A New Strategy
3. Armor Your Self™ Physically
4. Armor Your Self™ Mentally
5. Armor Your Self™ Emotionally
6. Armor Your Self™ Spiritually
7. Armor Your Agency™ and True Blue Valor™
8. Action Planning to Survive Your Career & Thrive in Your Life

### **In this program you will learn about:**

Comprehensive Survival Skills to Save Your Life and Your Health  
Gaining Control Over Your Career; Your Relationships and Your Finances  
The Development of Emotional Combat Survival Techniques  
9 Critical Protective Factors  
7 Core Concepts for Stress Reduction  
7 Key Factors Necessary for building Tactical Resilience™  
The Way of the Blue Warrior  
The Concept of True Blue Valor™ (The courage to help an officer in crisis)

You will learn to conduct a "Threat Assessment" of your life and career and then to benchmark your organizations programs using different models for wellness. You can begin to build your own strategic wellness plan and use the Armor Your Self™ Checkup/Tuneup to steer your life and career toward positive and successful career survival.

We have included self-paced training modules so you can create a "Family Support System" to create positive relationships. We have also included information on the ten Steps toward creating "Tactical Wellness".

There is even a "Suggested Reading List" so you can further enhance your Tactical Wellness and Survival Skills.

### **About the primary presenter John Marx, CPP, CHM**

John Marx is the Executive Director of The Law Enforcement Survival Institute and holds certifications in both service and security management. He is the author of "Armor Your Self™: How to Survive a Career in Law Enforcement" and was a Police Officer for twenty-three years, serving as a SWAT Team Hostage Negotiator for nineteen of those years. He worked as a patrol officer, media liaison officer, crime prevention officer and burglary detective. In 2008 he founded The Law Enforcement Survival Institute (LESI) and started a project that has evolved into CopsAlive.com. Put simply, the mission of both LESI and CopsAlive.com is to save the lives of those who save lives! The Law Enforcement Survival Institute gathers information, strategies and tools to help law enforcement professionals plan for happy, healthy and successful careers, relationships and lives and distributes that information through it's training programs and on [www.CopsAlive.com](http://www.CopsAlive.com).

**Our Program Package is \$3,500 per day, per instructor, not including travel expenses nor printed materials.** We offer other arrangements with multiple instructors and other Law Enforcement Survival Institute faculty members for half-day or multi-day programs. We are also available for keynote speeches if a seminar is not what you need. Please contact us for more information on these other options.

The "Armor Your Self™: How to Survive a Career in Law Enforcement" program includes a free reproducible handout we send you in advance to reproduce for your group, but your program can include copies of the book and a spiral bound user manual called the "Armor Your Self™ Toolkit" to support the training seminar.

**The Armor Your Self™ Book** is a 450 page softcover with hundreds of tips, tactics and techniques for improving your health and wellbeing. List price \$24.95

**The Armor Your Self™ Toolkit** is a 64 page spiral bound workbook that gives the you a follow-up, and expanded, set of worksheets to complete at home. List price \$24.95

For more information about this program visit: [www.ArmorYourSelf.com](http://www.ArmorYourSelf.com). For additional inquiry's or for information on quantity discounts on our materials call The Law Enforcement Survival Institute at 303-940-0411 or email us at: [info@CopsAlive.com](mailto:info@CopsAlive.com).

The Law Enforcement Survival Institute (LESI) works with individuals and organizations to help them create and sustain success in their lives and careers as law enforcement professionals. We are a source for training, resources and information about how to create and sustain a happy, healthy and successful life and career while providing superior law enforcement service to your community.

**In short we are: "Saving the Lives of Those Who Save Lives"**