

To REGISTER email mlomax@rrcja.org or call 540-371-2875

THE UNBREAKABLE COP

CREDIT HOURS AVAILABLE!

Having a problem isn't the worst thing. The worst thing is having a problem and no plan to fix it...

There's nothing easy about being a cop. The extremely high levels of negativity and the unrelenting pressure to perform perfectly make the job incredibly difficult. In normal times, it's bad enough. Unfortunately, these are not normal times and as hard as it is to believe, it's only gotten worse.

Sadly, it's also clear that many politicians and other elected leaders are not going to go out of their way to protect you and your family. You're going to have to do that yourself. You're going to have to become unbreakable...

Attend The Unbreakable Cop and we'll show you how to...

Register Today!

Date & Times:

17-18 May 2021
0800-1630

Location:

RAPPAHANNOCK REGIONAL
CRIMINAL JUSTICE
ACADEMY

3630 Lee Hill Drive
Fredericksburg, VA 22408

Presented by Don Shomette www.donshomette.com

- Make yourself unbreakable by learning, growing, and becoming stronger in the 7 Inner Strengths
 - Self-determine the scope, direction, and length of your career by deciding your own self-worth
- instead of letting someone else do it
- Enhance officer safety by practicing, perfecting, and maintaining a mindset of clarity and gratitude
 - Implement routines and practices that keep you focused, on track, and moving forward each day...especially in difficult times
- Utilize self-assessment tools to track, correct, and enhance your personal growth, happiness, and success
- Apply the right application of grit, resiliency, and persistence to ensure your safety, happiness, and success
- Prevent negative and harmful thinking by scripting future reactions to specific behaviors
- Overcome pain, fear, trauma, and resentment by learning from the real, personal, horrific, and courageous examples of others
- Use the 51% rule to move forward daily by using routines, processes, and checklists that help you to maintain forward momentum
- Understanding the power of authentic love and the 3 simple steps that can save, enrich, and grow any relationship

And so much more

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