

THE UNBREAKABLE COP

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.

Protect yourself and your family. Attend The Unbreakable Cop and we'll show you how to...

- ▶ Self-determine the scope, direction, and length of your career by deciding your own self-worth.
- ▶ Enhance officer safety by practicing, perfecting, and maintaining a mindset of clarity and gratitude.
- ▶ Implement routines and practices that keep you focused 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, trauma, and resentment by learning from the real and courageous examples of others.
- ▶ Use the 51% rule to maintain forward momentum.
- ▶ Understanding the power of authentic love and the 3 simple ways that can save, enrich, and grow any relationship
- ▶ Make yourself unbreakable by learning, growing, and becoming stronger in the 7 Inner Strengths.
- ▶ **And so much more**

Register Today!
Seats limited.

Date & Times:

29-30 April 2024
8:30-4:00

Location:

Steuben County Sheriff's Office
7007 Rumsey St Ext
Bath, NY 14810

Who needs to attend:

- Patrol officers/deputies
- Detectives
- Field Training Officers
- Supervisors
- Chiefs/Sheriffs
- Community Relations Officers
- SRO's/DARE Officers
- Security Officers
- Dispatch/support officers

Fee per person:
Free

Thanks to the generous support of the Steuben County Sheriff's Office.

REGISTER online www.donshomette.com or call **540-577-7200**