



December 8-10, 2017

Resilience Retreat

Mindfulness-Based Resilience Immersion Training

Human Performance Optimization for Public Safety Professionals.

An intensive introduction to the science of mind-body and cognitive conditioning through mindfulness meditation. Experiential practice through guided meditations and mindful movement are supported with discussions on scientific research to support resiliency. This training begins the challenging journey that can transform our capacity for working within a trauma filled landscape with resilience, and for meeting those in deep suffering & crisis with greater skill, humanity & desired strategic outcomes. A trauma informed training that resources participants for greater resiliency of mind, heart and body.

Brought to you through a community partnership between West Virginia University School of Public Health, Marshall University School of Psychology, the Kanawha-Charleston Health Department and the Mindful Badge Initiative.

Tuition: **NO COST.**

This grant funded training includes Instruction, Lodging and Food.

Open to first responders and public health professionals in police, fire, EMS, dispatch, medicine, social work, and other disciplines.

To register email or call: michael.brumage@wv.gov

Training grounded in

**Neurobiology and
Contemplative
Wisdom**

Cognitive Focus

Self- Regulation

**Situational
Awareness**

**Learn SKILLS in
Awareness and
Compassion that
lead to more skillful
emotion and thought
regulation and
tactical performance**

LOCATION

John XXIII Pastoral Center
Charleston, WV