



THE COMPLETE RESPONDER

COURSE DESCRIPTION: THE COMPLETE RESPONDER WELLNESS & RESILIENCY WORKSHOP

The Complete Responder is a training company owned and created by a seasoned law enforcement instructor, Jake Day. With a decade of experience spent working patrol in a major US city, together with another decade spent as a full-time academy instructor, Jake has created a groundbreaking wellness curriculum that speaks directly to the "Hero Class"—those who serve on the front lines of public safety.

“Designed for first responders, by first responders.”

Our flagship course, *The Complete Responder Wellness & Resiliency Workshop*, is a full-day Transformative Training Experience designed to restore power, freedom, and expression to the first responder. Based on transformative learning theory, this course moves beyond traditional professional development, offering an immersive journey that redefines how a first responder engages with their professional role, manages their stress, and envisions their future.

THE PROBLEM: Today’s first responder professions have unacceptable rates of death, disease, and disability; most of which occurs as a result of the cumulative stress that is inherent in the profession. This course identifies “hypervigilance” as a major culprit in the buildup of that cumulative stress. Hypervigilance starts out as a survival mindset that all first responders adopt in order to survive the dangers and challenges of the job. However, that mindset slowly turns into a way-of-being that unconsciously pervades all aspects of the first responder’s life. A significant portion of the course will be spent clarifying the long-term effects of unmanaged hypervigilance, both physical and psychological, before guiding participants through a comprehensive framework for recovery and resilience.

THE SOLUTION: Because critical stress management practices are not built into the duty hours for most first responders, personal responsibility off-duty is paramount. To create space in their lives for proper resiliency, participants will embark on a journey of self-leadership; making the unconscious conscious in their life, owning their part in the problem, declaring a future that makes an impact, and committing to sustainable practices of stress recovery. Grounded in evidence-based practices, the program also explores the eight dimensions of wellness—physical, emotional, social, spiritual, intellectual, financial, occupational, and environmental—presenting strategies in each dimension that are both practical and impactful. Each module is interactive and engaging, creating an open space for dialogue and genuine transformation.

FOR AGENCY LEADERS & EXECUTIVES: The Complete Responder offers a valuable investment in the well-being of their personnel. This course empowers first responders to better manage their stress, which will in turn enhance their performance and sustain their dedication to public service. This training can deliver both immediate and long-term benefits; fostering a healthier, more resilient workforce.

The Complete Responder is a game-changer for first responders seeking a life of balance and satisfaction. Contact The Complete Responder today to schedule a workshop for your agency or join us at our next open workshop and transform the way you live, work, and serve.

www.completeresponder.com

