



Beyond the Call of Duty:

Maximizing Performance and Career Longevity for Tactical Athletes

Attention all fearless warriors of the front lines! Prepare for a turbo-charged experience that's not just a presentation – it's a powerhouse surge of knowledge and strategy that will transform your entire outlook!

From ramping up your training game to bouncing back like a true champion plus tackling your nutrition and mental health, get ready to break free from the ordinary! Feel the rush as you arm yourself with tools that will not only boost your skills but redefine what it means to be a first responder.

It's time to amplify your impact! This isn't just a presentation – it's a seismic shockwave that will rock your expectations and fuel your journey towards unmatched success!

This dynamic presentation is designed to empower first responders with the knowledge and strategies needed to enhance their performance and maintain their bodies for long and successful careers as a first responder. We will explore the key pillars of training, fitness, recovery, nutrition, mental health, and injury prevention, providing practical insights and actionable steps to optimize performance and ensure career longevity. Through engaging discussions and real-life examples, participants will gain valuable tools to elevate their effectiveness, physical well-being, and overall job satisfaction.

Learning Outcomes

- **Understand the critical role of performance and its impact on outcomes and first responder safety.**
- **Recognize the importance of comprehensive training programs and continuous skill development to enhance proficiency and situational awareness.**
- **Explore the benefits of physical fitness, including strength, endurance, flexibility, and functional training, and acquire specific exercises and training methods tailored to first responder needs.**
- **Learn techniques for effective stress management, resilience-building, mental health, nutrition, and maintaining psychological well-being in high-stress environments.**
- **Gain insights into injury prevention strategies, proper body mechanics, ergonomic practices, and exercises to protect physical health and mitigate the risk of occupational injuries.**
- **Recognize the long-term benefits of investing in career longevity, wellness, and self-care, and explore success stories of first responders who have achieved sustainable and fulfilling careers.**
- **Access valuable resources, support systems, and peer networks to further enhance performance and well-being throughout their journey.**



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Workshop Outline

I. Introduction

- Welcome and Introduction of the Speaker
- Brief Overview of the Presentation's Goals and Objectives

II. : The Intersection of Performance and Safety

- Explain the critical role of performance as a first responder and its impact on safety.
- Discuss the ripple effects of performance on outcomes.

III. Unveiling the Pillars of Success

- Explore the key pillars of training, fitness, recovery, and injury prevention.
- Discuss their interconnectedness and their role in career longevity.
- Emphasize the importance of holistic growth for peak performance.

IV. Elevating Proficiency through Continuous Training

- Discuss the significance of ongoing training programs for skill enhancement.
- Discuss different types of workout regimen and phasing training cycles.

V. Building Physical Resilience for Peak Performance

- Dive into the components of physical fitness, including strength, endurance, and flexibility.
- Demonstrate a series of exercises designed for first responder needs.
- Discuss the essentials of Nutrition
- Facilitate a practical session where participants perform and receive feedback on exercises.

VI. Navigating Stress and Cultivating Resilience

- Discuss the unique stressors faced by first responders.
- Present techniques for effective stress management and strategies for resilience-building.
- Engage participants in scenarios to practice stress reduction techniques.

VII. Preventing Injuries and Enhancing Well-Being

- Address injury prevention strategies specific to first responders.
- Discuss the importance of proper body mechanics, ergonomic practices, and posture.
- Lead participants in a group discussion about their experiences and challenges related to injury prevention.

VIII. A Journey to Longevity and Fulfillment

- Discuss the long-term benefits of investing in career longevity and well-being.
- Encourage participants to reflect on their own aspirations and goals.

IX. Resources, Networks, and Peer Support

- Discuss the importance of peer support and mentorship for career growth and mental health.
- Facilitate a small group activity where participants share their own resources and experiences.

X. Closing

Dr Davis McAlister



Info@drdavisocalister.com

O: 940-536-3230

C: 469-688-1418

<https://drdavisocalister.com>

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Bio:

Dr. Davis McAlister is an author, public speaker, proud veteran, award-winning coach, successful entrepreneur, and sports doctor for 20+ years. His hands are full as the CEO of 3 different LLC companies, a powerlifting coach, husband, and father to 5 children, of which two sons are currently serving in the military, one son is a fireman/medic, and one daughter studying to be a nurse.

He served in the US Army for 8 years as an Interrogator, Counterintelligence agent, and Linguist prior to earning a Doctorate, 2 Master's, and 2 Bachelor's and is a certified strength and conditioning coach.

Dr. McAlister has worked extensively with the veteran, active military, first responders and athletes from high school up to professional and retired professional for increasing performance and recovery from traumatic-brain injury (TBI) and PTS, His work has also included writing multiple evidence-based programs for improving mental and physical health through physical performance.

He also holds certifications for ALERRT's Active Attack Integrated Response (AAIR), AAIR Certified Trainer, and CRASE/CRCC Trainer.

Dr. McAlister has live-speaking experience both nationally and internationally on topics that range from education, health-related topics, sports performance, success principles and leadership development. He has been the keynote speaker for leadership workshops, power lunches, coaching conferences, and online summits, and has guest appearances on dozens of podcasts, radio shows, and television appearances.