



## REV. TAMMY J. ROACH

Tammy is an ordained pastor who holds a Masters of Spiritual Formation, as well as a graduate certificate in Spiritual Direction. She serves as a Chaplain to 1<sup>st</sup> Responders, and is the chief operating officer of Cornerstone Retreat Center for 1<sup>st</sup> Responders and their families, a not-for-profit she co-founded with her husband Dan.

Tammy has been married to Dan (a retired Law Enforcement officer) for over 20 years. Together they have journeyed through the ups and downs of a LE Career, and are on a mission to help 1<sup>st</sup> Responders and their families stay connected, be resilient, and thrive with preventative and restorative tools and best practices.

## CONTACT

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Cornerstone Retreat Center  
for 1<sup>st</sup> Responders and their Families

# SPIRITUAL FORTITUDE

## A Key Dimension to 1st Responder Resiliency

Have you found yourself asking “why” after a traumatic incident or death event? Are you tired, frustrated, or perhaps angry by what you have experienced on the job? Understanding that spiritual fortitude is essential for 1<sup>st</sup> Responders who regularly face trauma, death, and moral injury throughout their careers, this is a down and dirty discussion about spirituality and how it relates to your career.

In this course Tammy will describe the characteristics of spiritual fortitude, help you uncover your level of spiritual health, suggest practices to strengthen your spiritual foundation, and offer practical steps to help you live a more fulfilling and purposeful life.

## COURSE OBJECTIVES:

- Define Spirituality and explain Spiritual Fortitude as it relates to 1<sup>st</sup> Responders
- Help attendees identify their personal level of spiritual wellness
- Suggest practices to strengthen attendees' spiritual foundation
- Provide practical steps to help attendees find meaning, and reaffirm their purpose and mission.

Course is 1.5 to 3 hours (tailored to time & audience)