

## EXAMPLES OF DOC SPRINGER'S DEPARTMENT-WIDE TRAININGS

### PEAK PERFORMANCE SERIES

- A New Model for Peak Performance: Migrating what works in Military Special Operations to Public Safety Professionals
- Hair Trigger Nervous Systems: How an Overactive “Fight-or-Flight” System changes interactions with the public, perceptions of administrative betrayal, family relationships and suicide risk
- 5 Essential Qualities of Departments that don't struggle with Recruitment and Retention
- The Value of Conflict and How to have a GOOD Fight (with your boss, a colleague, or your significant other)
- Moving Beyond “Resilience”: A better model for building a culture of peak performance
- Retirement from a Public Safety Career: A Roadmap for people of action

### MENTAL WARFARE SERIES

- Blind Spot: Why current suicide prevention approaches often fail first responders, and a new direction for addressing mental warfare
- Achilles, Heal: Insights for navigating commons forms of mental warfare, including trauma, survivor guilt, self-destructive thoughts, and moral injuries
- Healthy Grief: What grief is, how to navigate it, and how to honor those fallen
- Suicide Postvention: Individual and collective healing after a suicide in the ranks
- The 5 essential qualities of a culturally competent mental health provider

### EXAMPLES OF SMALL GROUP LEADERSHIP TRAININGS

- 5 defining moments that create or undermine trust between public safety leaders and their teams
- 5 essential qualities of wellness programs that police officers trust and use
- Perceptions of administrative betrayal: the most common sources of perceived administrative betrayal, and how leaders can navigate these
- Talking about suicide risk, suicide loss, and how to memorialize those who die by suicide
- Collective grief: helping your team navigate losses that impact the department is a whole

### CONTACT:

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