

Beyond the Battlefield:

The Impact of H.E.R.O. Training on Veterans

WHY H.E.R.O. TRAINING

1. Resilience Building:

H.E.R.O. training helps veterans develop resilience skills, enabling them to bounce back from adversity, cope with stress, and adapt to change effectively. This resilience is crucial for navigating and overcoming the unique challenges veterans face.

2. Improved Wellbeing:

Research suggests that developing psychological capital can enhance coping mechanisms and improve overall wellbeing, providing veterans with the tools they need to manage their mental health and well-being.*

3. Transitioning to Civilian Life:

Transitioning from military to civilian life can be stressful and overwhelming for veterans. H.E.R.O. training offers structured programs and workshops designed to help veterans cope with transition stress, build resilience, and develop the skills needed to thrive in civilian society.

4. Purpose and Meaning: Many veterans struggle with finding a sense of purpose and meaning in civilian life after leaving the military. H.E.R.O. training helps veterans identify their strengths, values, and goals, enabling them to redefine their purpose and pursue fulfilling careers and relationships.

*Krasikova, Dina V.; Lester, Paul B.; and Harms, Peter D., "Effects of Psychological Capital on Mental Health and Substance Abuse" (2015). P. D. Harms Publications. 9. <http://digitalcommons.unl.edu/pdharms/9>

BENEFITS

1. Build Psychological Capital:

By learning about the principles of Hope, Efficacy, Resilience, and Optimism (H.E.R.O.), veterans gain a sense of empowerment and agency over their lives and future outcomes.

2. Increased Self-Efficacy:

By recognizing their strengths, setting meaningful goals, and taking proactive steps towards achieving them, veterans participating in H.E.R.O. training can experience increased self-confidence and self-efficacy. This sense of empowerment is essential for building a successful and fulfilling civilian life.

3. Enhanced Coping Strategies:

H.E.R.O. training teaches veterans positive coping strategies, such as problem-solving, emotional regulation, and seeking social support. These strategies empower veterans to navigate challenges more effectively and maintain their overall well-being.

4. Improved Well-being: Veterans often face physical and mental health challenges resulting from their military service, such as injuries, chronic pain, and substance abuse. H.E.R.O. training promotes holistic health and well-being by emphasizing self-care, healthy lifestyle choices, and access to healthcare services.

METHODS OF DELIVERY

In-Person Workshops and Seminars
Online Training, Resources & Webinars
One-on-One Coaching and Counseling