

BURNOUT BEHIND BARS

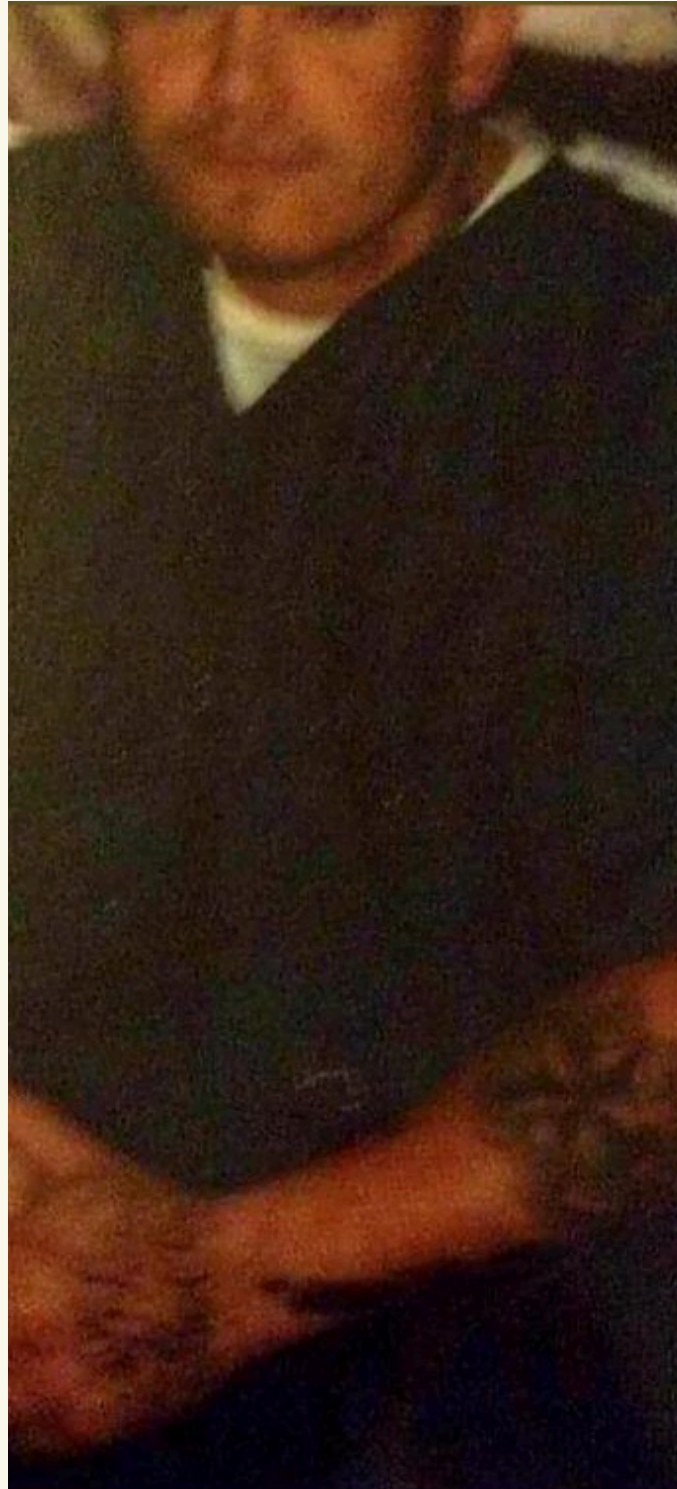
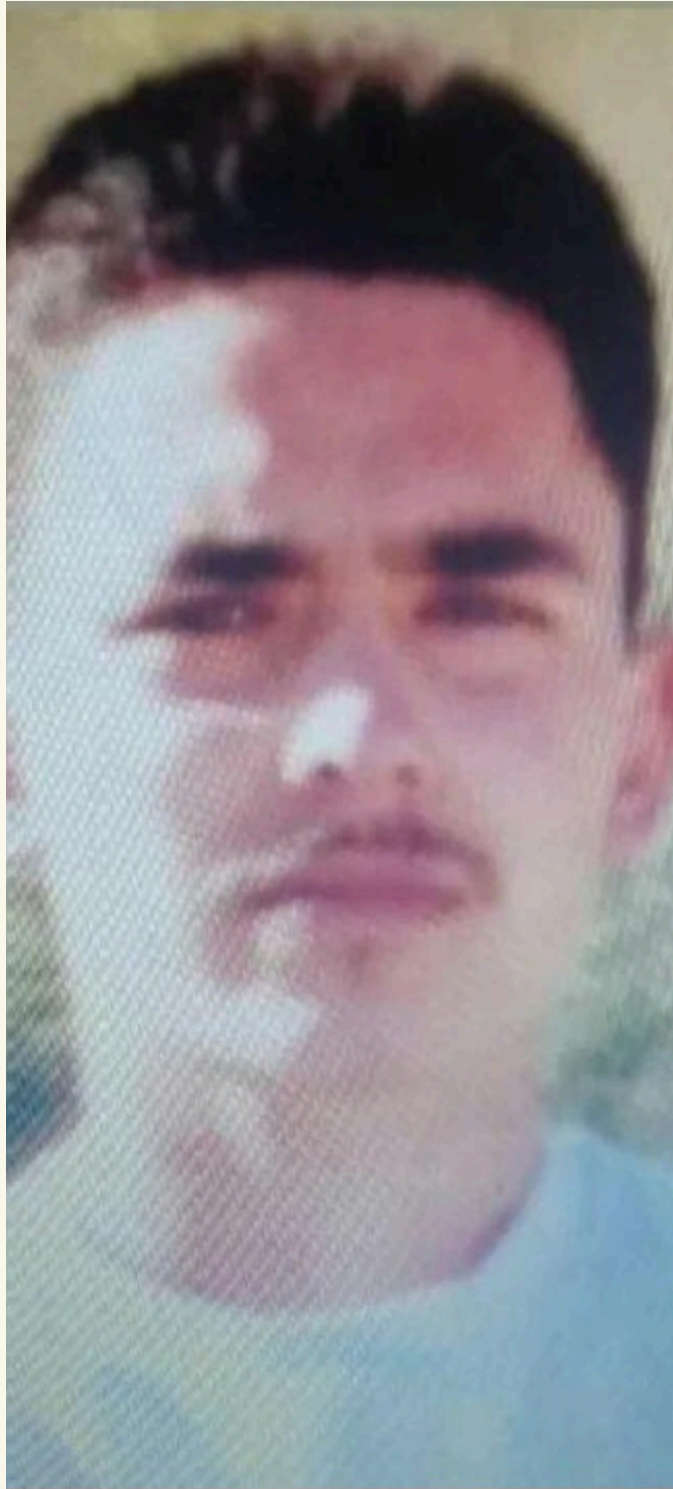
PRESENTATION TEMPLATE BY 2025

BY JC – **WRONG
TO
STRONG**



A SURVIVAL GUIDE FOR CORRECTIONAL OFFICERS

THIS JOB CHANGES PEOPLE



“If you work behind the gate, you’ve felt it. The exhaustion. The numbness. The anger. I’ve been in over 25 prisons — and I saw officers who still stood tall while the system slowly crushed them. This isn’t a therapy book. This is a street-level survival guide. You don’t have to lose yourself to do the job.”

THE 3 TRAPS THAT BURN OUT COS



- Heading Numbing out – when you stop feeling anything
- Short fuse syndrome – when everyone feels like a threat
- Hopeless routine – when the days start blending and you stop giving a sh*t

USP MAX

WALK THE YARD WITH ME. LEARN THE MINDSET. LIVE WITH PURPOSE.

WHAT NOBODY TELLS YOU



- **YOU'RE NOT CRAZY.**
- **YOU'RE NOT WEAK.**
- **YOU'RE ABSORBING TRAUMA THAT NO ONE TRAINS YOU TO HANDLE.**

“Even inmates watch you crack. Some respect it. Others test it. That’s why this isn’t about fixing — it’s about fortifying.”



1. VISUAL RESET: STEP OUTSIDE. SUNLIGHT OR SILENCE.
2. POST-SHIFT DUMP: WRITE DOWN WHAT PISSSED YOU OFF. DON'T CARRY IT.
3. RESET YOUR BODY: QUICK 2-MIN PHYSICAL RELEASE — PUSHUPS, WALL SIT, SOMETHING.
4. ONE MESSAGE TO SOMEONE OUTSIDE THE JOB.
5. LOCK IN YOUR "WHY." SAY IT OUT LOUD BEFORE WALKING IN.

DAILY STRENGTH ROUTINE (5 MINUTES)

YOU ARE NOT JUST A BADGE

LOREM IPSUM DOLOR SIT AMET,
CONSECTETUR ADIPISCING ELIT, SED DO
EIUSMOD TEMPOR INCIDIDUNT UT LABORE
ET DOLORE MAGNA ALIQUA.

“YOU’RE SOMEONE’S SON. DAUGHTER. BROTHER. FRIEND.
AND IF YOU DON’T PROTECT THAT PERSON, THIS JOB WILL ERASE THEM.”



WHAT PART OF YOURSELF DO
YOU WANT TO KEEP ALIVE
THROUGH THIS JOB?

MY MESSAGE TO COS

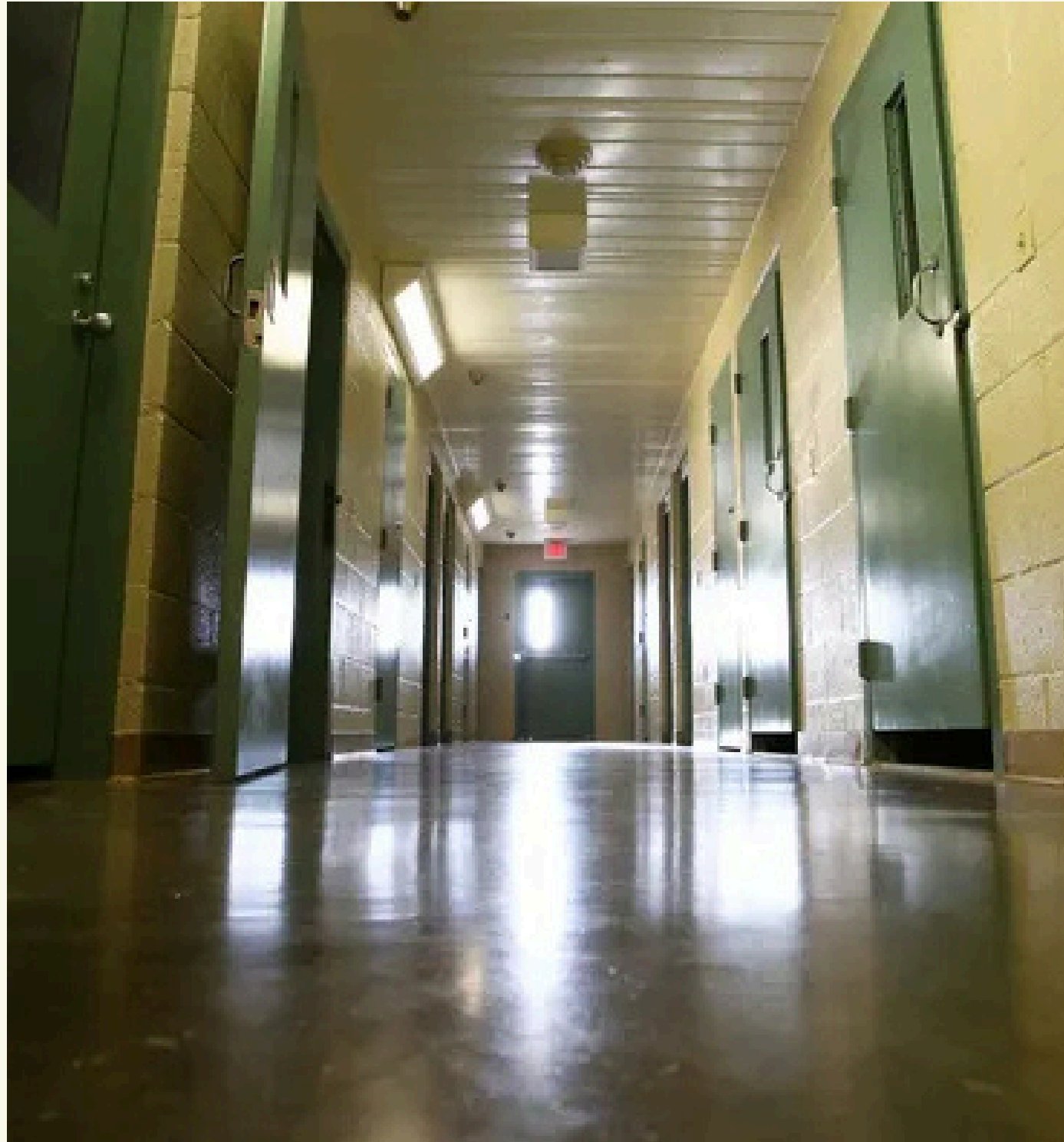


“I’ve seen COs lose themselves. I’ve seen some take their own lives.

And I’ve also seen COs hold the line with pride, honor, and discipline.

**This job is hard. But you’re not alone.
And you’re not weak for needing to
reset.”**

WANT MORE THAN SURVIVAL?



- BOOK A COACHING CALL
- BRING JC TO SPEAK TO YOUR STAFF
- SUBSCRIBE TO THE CO TRAINING LIST

“YOU GUARD OTHERS. LET SOMEONE GUARD YOU FOR ONCE.”

FROM PRISON YARDS TO PURPOSE

HELPING PEOPLE REBUILD DISCIPLINE, MINDSET & PURPOSE

JC Almanza



NATIONAL
GEOGRAPHIC



GANGSTERS
AMERICA'S MOST EVIL

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BOOK ME: WWW.WRONGTOSTRONG.COM