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# A 2-DAY TRAINING FOR ALL FIRST RESPONDERS TRANSFORMING STRUGGLE INTO STRENGTH

## PREPARE, PRACTICE, AND IMPLEMENT A PLAN FOR PERSONAL GROWTH

Struggle Well training is based on the framework of Posttraumatic Growth, featuring five phases, built on an environment of trust and connection.

This training enables growth, which occurs in five areas:

New Possibilities • Deeper Relationships • Personal Strength  
Appreciation for Life • Spiritual and Existential Change

Florida Public Safety Institute, 75 College Drive, Havana, Florida 32333

# APRIL 1 & 2



# STRUGGLE WELL

# 9-5PM EST



BOULDER CREST  
FOUNDATION

