

**BOOK  
SOON!**

# **COURAGEOUS HEART:** The Human Behind the Badge™

## **Evidence / Science-Based Resilience and Compassion Training Online for LE**

### **Online Classes Fall 2020 Schedule**

#### **1-Day Introduction Course (two date options)**

**10/28/20** Introduction to Resilience and Compassion for LE  
POST Control #: 1416-49426-20-001

**12/04/20** Introduction to Resilience and Compassion for LE  
POST Control #: 1416-49426-20-002

#### **3-Day Immersion Course - Cohort 1**

POST Control #: 1416-49428-20-001

**10/23/20** Resilience and Compassion for LE

**11/20/20** Compassion for Yourself and Family

**12/18/20** Compassionate Leadership

### **POST CERTIFIED COURSES**

Class size is limited to 30. Reserve Your Place Soon!

Email: [courageousheart@compassioninstitute.com](mailto:courageousheart@compassioninstitute.com)

or [CLICK HERE.](#)



**Compassion  
Institute™**

# Courageous Heart: The Human Behind the Badge™

We have been serving law enforcement since 2018, providing science-based resilience and compassion training to sworn and non-sworn peace officers in California. Curriculum is designed and information is specifically selected for professionals in emotionally challenging and physically dangerous roles, dedicated to protecting and serving the general public. The suggested methods in Courageous Heart (CH) training are backed by the experiences of Law Enforcement Officers and First Responders, and our courses equip students with practical, usable skills for personal and professional life which help to alleviate stress, and bring clarity and calm in relationships, and all interactions.

## Who Can Enroll?

Under the POST Innovation Grant Program 2020/21, CH training will be free of charge to sworn police officers, and will offer approximately 6-8 POST-Certified Officer Wellness Training hours for each day of training. Typically, CH classes include students from all ranks across multiple agencies, and provide an opportunity to share with and learn from many different colleagues.

Courses include scheduled live online classes with instruction from Courageous Heart law enforcement and compassion training experts; lectures, video, group discussion, small group work-shopping, facilitator-led exercises, and meditation; electronic and hard copy class materials and books; curated, supervised homework. A Certificate of Completion is provided to students for each course completed.

## Courageous Heart Courses

[\*\*REGISTER HERE!\*\*](#)

### 1-Day Foundation Course

#### **Introduction to Resilience and Compassion for Law Enforcement**

Includes: The Impact of the Workplace on Health and Wellness; The Science of Sleep and Stress; The Practice of Resilience, Compassion, and Mindfulness; Meditation.

### 3-Day Immersion Course

#### **Day 1: Introduction to Resilience and Compassion for Law Enforcement**

Includes: The Impact of the Workplace on Health and Wellness; The Science of Stress and the Impact on the Profession; Strengthening Resilience, Compassion, and Mindfulness. Homework.

#### **Day 2: Compassion for Yourself and Family**

Includes: What is Compassion and Why is it Important? Strengthening Compassion for Your Family. Strengthening Compassion for Yourself. Meditation. Homework.

#### **Day 3: Compassionate Leadership**

Includes: Strengthening Compassionate Leadership. Application of Compassionate Leadership in the Workplace. The Compassionate Leadership Equation. Meditation.

### 1-Day Courageous Heart Course for LE Executives, CAL Chiefs, and Command Staff

Includes: The Impact of the LE Profession on Health and Wellness; The Science of Sleep and Stress; Strengthening Resilience and Compassion; Application of Compassion in Agency Leadership; The Compassionate Leadership Equation.

## A Selection of Participants to Date...

Atherton PD • Berkeley PD • Campbell PD • Carlsbad PD • Chula Vista PD • City of Los Gatos  
City of Menlo Park • City of Monterey • City of Palo Alto • DHS / ICE / ERO  
Emeryville PD • Hillsborough PD • La Mesa PD • Los Gatos-Monte Sereno PD • Menlo Park PD  
Monterey Fire Dept. • Monterey PD • Morgan Hill PD • Newark PD • Oakland PD • Palo Alto PD  
San Diego PD • San Diego County Probation • San Diego Unified School District Police  
Santa Clara PD • Sunnyvale PD • US Border Patrol

## What Our Courageous Heart Alumni Say...

"This job will callus our heart, closing us off from the people closest to us and removing our compassion and humanity. This course allows us to remove that callus and learn how to thrive in a difficult world."

"I was at a point where I had become cynical at work, and would be bitter. I was also less compassionate with my spouse. I was reminded during this course to be more compassionate and I have found I have a clearer mind where I feel at ease."

"Your class really opened my eyes and gave me something to do to fix me. Since the class I have been mediating faithfully, I'm half way through the book you gave us, I have started setting intentions every morning, and reflecting at night. I feel so much better and I'm only a month into this. My blood pressure is down and I have only taken a sleep aid twice in the last month. I feel more energized at work and am a firm believer in what I'm practicing. I just wanted to reach out to you and say thanks and to let you know that you helped me tremendously. I would love to help out in any way I can at any future classes."

"I am not an emotional, affectionate, compassionate person. But I am leaving here knowing that it's ok to be, and realizing it isn't hard to do."

"Critical incident / divorced / life was becoming more and more negative, and without looking in the mirror and deciding to make a change who knows where I would be. Officer wellness is something that needs to be given the time and resources or you fail the officer."

"Took a walk after day two of the training and applied the breathing techniques I learned in training. I take a walk every night and my mind is always racing. The controlled breathing put my mind at ease, I was focused and had the most peaceful walk I can remember."

"Began the week with tension knots in my shoulders. After the breathing exercises they were gone. I hope to continue the exercises and lose the tension for good."

"This was an amazing experience that is an absolute must for law enforcement officers, supervisors, and command staff. This will effect positive change in law enforcement allowing us to be the utmost leaders in our community using compassion for ourselves and others."

# About Our Faculty and Leadership Team



**Chief Robert A. Jonsen**  
Palo Alto Police  
Department

Chief Bob Jonsen has been in law enforcement since 1986. Prior to his appointment as the Chief for the Palo Alto Police Department (January 2018), he was the Chief of Police for the City of Menlo Park. His law enforcement career began in Los Angeles where he was a member of the Los Angeles County Sheriff's Department for 27 years. As a police executive, Chief Jonsen believes it's essential to support the physical, mental, and emotional health of those serving our communities. Chief Jonsen was instrumental in bringing mindfulness training to the Menlo Park Police Department, where every employee received Resilience Immersion Training.

In 2018, Chief Jonsen became a certified instructor of Compassion Cultivation Training, as well as a Peer Coach for the Resilience Immersion Training. He has facilitated CCT to both police and fire personnel and witnessed the profound impact it has had for participants, both professionally and personally. Chief Jonsen's law enforcement experience provides unique insight to the stressors public safety personnel encounter throughout their career and adds value to the classes he teaches.



**Monica Hanson**  
Founding Faculty,  
Compassion Institute

Monica Hanson, Founding Faculty of the Compassion Institute, teaches and trains others to teach, the Compassion Cultivation Training developed at Stanford University, School of Medicine. Monica's focus is on compassion as a choice and a core value, compassion led change, and compassion and difficult others. Monica is a member of the leadership team at Stanford University that developed the Compassion Cultivation Teacher Training Certification program in 2011. In 2013, she was the lead teacher in a research study for Stanford Medicine Neuroscience and Pain Lab, examining the effects of compassion training and chronic pain and the impact on significant others. In 2017, Monica started a collaborative effort to identify and exchange emerging best practices in teaching compassion. While the last decade focused on compassion, Monica's earlier work focused on the application of symbolic systems in innovative environments like Nike and Apple.



**Julie Learmond-Criqui**  
Program Director,  
Compassion Institute

Julie Learmond-Criqui, Program Director at the Compassion Institute, manages the Courageous Heart training portfolio, and is part of the senior leadership at the Institute. Julie is dedicated to serving the law enforcement and first responder community by bringing best-in-class compassion and resiliency training to its members. Julie contributes her leadership experience as a Director of Executive Education Programs at Stanford University Graduate School of Business; as well as twenty years in strategic positioning and marketing roles, running complex, integrated client engagements, programs, campaigns on behalf of start-ups, and major technology firms in Silicon Valley and Europe.