COURAGEOUS HEART The human behind the badge ™

1-DAY INTRODUCTION TO RESILIENCE AND COMPASSION FOR LE

Friday, December 3, 2021 0900 - 1700

CCN: 1416-49426-21-003 [8 hrs. credits]
FREE OF CHARGE to Sworn LE Officers in CA

Since 2018, Courageous Heart: The Human Behind the Badge has provided science-based resilience and compassion training to sworn and non-sworn peace officers throughout California. Our courses are designed specifically 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 to help to alleviate stress, and bring clarity and calm in relationships, and interpersonal interactions.

Course Includes:

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

Who Can Enroll?

Under the POST Innovation Grant Program 2020/21, this training is offered to sworn police officers in California, with 8 hours' POST-Certified Officer Wellness Training credits. **Courses take place** online, with live instruction from Courageous Heart law enforcement and compassion training experts. combining lectures, video, group discussion, small group work-shopping, facilitator-led exercises, and meditation. A Certificate of Completion *is provided to students.*

Class size is limited to 25. Reserve Your Place Today!

Email: courageousheart@compassioninstitute.com

or CLICK HERE.

Compassion Institute™

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Some of the 60+ Agencies and Cities We've Served...

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 though 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."

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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™ (CCT©), 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. In addition, he is a graduate of the UCLA Mindfulness Facilitation Program.

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.

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