

THRIVE 101: RESILIENCE FUNDAMENTALS

IOWA THRIVE RESILIENCE PROGRAM

Join us for an evidence-based, trauma-informed mental health training designed to proactively strengthen resilience in the face of adversity and chronic stress

You'll gain practical tools to regulate stress & trauma response, grow through crisis and strengthen mental fitness - so you can sustain performance on the job and protect what matters most at home.

TRAINING DETAILS:

Two Available THRIVE 101 Sessions: Wed. May 27th or Thurs. May 28th

Time: 9:00am - 4:30pm

Location: Polk County Sheriff's Office Headquarter

5995 NE 14TH Street - Des Moines, IA 50313

-Lunch provided

THRIVE 201 - will be offered May 29th. Attend both for maximum growth & learning.

DESIGNED FOR: Law enforcement, Corrections, Dispatch, EMS, Firefighters,
Family members, and Service providers

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When you're absorbing other people's trauma every day, you need **real tools to stay steady**. THRIVE starts with self, gives you something you can use right away, and the **impact grows far beyond you**.

- Patricia Hamann, President of the Iowa Association of County Veteran Services and Army Mom

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WHAT YOU'LL LEARN

- ✓ **Improve Coping**
Build a coping skills toolkit to manage stress and handle life's demands
- ✓ **Hone Your Resilience Mindset**
Harness the brain's power to reframe setbacks and boost motivation
- ✓ **Manage Trauma and Protect against Suicide**
Begin to heal the impacts of trauma, reduce risk, and get help when needed.
- ✓ **Build Trusted Relationships**
Employ a framework to meet core emotional needs and strengthen social support

FULLY SPONSORED

Thanks to our generous sponsors, there is no cost to you for this training. A complimentary Certificate of Attendance will be provided to submit to professional governing body for CEUs.

To RSVP online:

THRIVE 101
May 27th

THRIVE 101
May 28th

THRIVE 201
May 29th



 **Worldmaker
Resilience Institute**
Triumph over Trauma



EMILY DEENEY

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Sponsored By:



Collaboration with:



THRIVE 201: LEADERSHIP AND PEER SUPPORT TRAINING

IOWA THRIVE RESILIENCE PROGRAM

Join us to **enhance your impact and deepen your journey of growth and leadership**. Build on the foundation established in Resilience Fundamentals with advanced techniques to forge human connection & empower people to create systems to reduce burnout, care fatigue and strengthen capacity for success.

TRAINING DETAILS:

Pre-requisite: THRIVE Resilience Fundamentals.

Date: Friday May 29th

Time: 9:00am - 4:30pm

Location: Polk County Sheriff's Office Headquarters

5995 NE 14TH Street - Des Moines, IA 50313

-Lunch provided

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Worldmaker **understands the science and art of exercising the brain** as one would exercise the body. Its **innovative programming** is helping veterans, first responders, and their families prepare for stress, stay mentally healthy, and get help in times of crisis.

- Kirk Ferguson, Retired US Army Medic



Past THRIVE Trainings

WHAT YOU'LL LEARN

- ✓ **Practice Wellness**
Draw on resources and develop routines that empower you before, during and after crisis
- ✓ **Strengthen Engagement and Peer Support**
Help others feel valued, improve communication and support them to contribute and navigate challenges
- ✓ **Set a Postive Direction**
Foster hope and craft an inspiring vision for the future
- ✓ **Grow Leadership**
Cultivate resilience and post-traumatic growth, equipping yourself to lead confidently through both routine and crisis situations.

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