



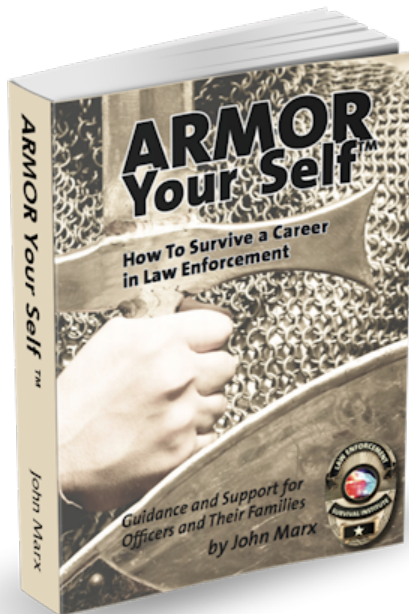
## The Law Enforcement Survival Institute

Saving the lives of the people who save lives!



# Armor Your Self™ Training

## Wellness & Resilience Building Education for Law Enforcement



### In this training you will learn about:

- How to strengthen and condition your SELF physically, mentally, emotionally and spiritually
- The Impact of Blue Trauma Syndrome
- The 8 Key Factors of Tactical Resilience™
- Comprehensive Survival Skills to Save Your Life and Your Health
- Critical Concepts for Stress Reduction
- How to Armor Your Agency™ with comprehensive wellness support systems
- The Concept of True Blue Valor™ to develop a positive organizational culture of wellness

Everyone gets a book which is filled with hundreds of practical exercises, tactics and techniques to help you build your resilience!

### Call Us for a Price Quote for Your Agency! 303-940-0411

**T**his training program is not a “sit and listen” seminar but rather a Resilience Research Learning Lab that will help you begin building the foundations of law enforcement health and wellness for you, your family and for your organization. You will find the tools you need to recognize the symptoms of the toxic effects and hidden dangers of a career in law enforcement and be able to create a plan for your survival as well as for your family, team and organization. Our Armor Your Self™ Program includes eight hours of training on how to begin strengthening and conditioning yourself physically, mentally, emotionally and spiritually.

You will learn to conduct a "Threat Assessment" of your life and career and then to benchmark your organizations programs using different models for wellness. You can begin to build your own strategic wellness plan and use the Armor Your Self™ Checkup/Tune-up to steer your life and career toward positive and successful career survival. The Armor Your Self: How to Survive a Career in Law Enforcement program includes copies of the book for up to 50 participants, and if you have more participants, you can order more books from us in advance of the class.

**There are Four Ways to Receive This Training** and we offer other arrangements with multiple instructors and other Law Enforcement Survival Institute faculty members for half-day or multi-day programs. We are also

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available for keynote speeches if a seminar is not what you need. Please contact us for more information on these other options.

## **Four Ways to Receive This Training:**

### **Live On-Site Training**

Good old-fashioned live training is still the gold standard of the training industry and we still provide it. It is more expensive and may still come with the challenges of COVID protocols and usually can only accommodate a smaller audience than your whole roster of personnel. It does have the benefits of more hands-on interactive discussions and small group exercises, and we will allow you to video-record the sessions for placement on our webpage for your groups later viewing.

### **Online Pre-Recorded Training**

One of the benefits of how we have adapted our training is that with our pre-recorded and virtual options (or a combination thereof) we can reach **ALL of your employees, sworn and non-sworn**, with the exact same material and they can receive it on their own time schedules. These are also the less expensive options as they don't involve expenses for travel, food and lodging. We still require that all of your employees participate, and each will receive a copy of the Armor Your Self textbook.

### **Live Online ZOOM Training**

Live online training using the Zoom platform has the benefits of interacting with a live speaker but doesn't include all the expenses of getting that speaker to your agency. It also offers your people the benefit of accessing the program from their office, MDT, laptop or smart phone. We record all the live sessions so those who can't attend live can watch the replay video on your personalized and password protected group webpage on our Armor Your Self™ website. We also supplement these live sessions with some pre-recorded basic material on your groups personalized webpage.

### **NEW our Small Agency Do-It-Yourself Training Curriculum**

This is a Do-It-Yourself package for academy classes, or small agencies that can't afford more expensive training programs. This package includes 20 *Armor Your Self: How to Survive a Career in Law Enforcement* resilience building textbooks, plus a 148-page training curriculum PDF that licenses your agency to facilitate the Armor Your Self basic training program in-house for your personnel. The package includes a full, six-session, basic training curriculum PDF with six individual session lesson plans, a set of 80 PowerPoint slides for each lesson, activities and discussion questions plus six of our ten-minute roll call/staff meeting discussion guides to reinforce the training topics with on-going activities. The package is intended to facilitate in-house discussion and development of a basic resilience program using the Armor Your Self textbook. This package includes 20 books, but additional books can be purchased directly from us. The course relies heavily on the book and it is recommended that every participant in the course have their own copy of the book. (This price includes free shipping on the books). NOTE: This curriculum is designed so that the leader of the group does not need to have any law enforcement training experience. The program is discussion based so the participants get most of their information from reading assignments in the AYS book, and only asks for a "facilitator" to lead the discussions.

*Please call for pricing on packages containing more than 20 books.*

**Call or eMail for a Price Quote: 303-940-0411 or [info@LawEnforcementSurvivalInstitute.org](mailto:info@LawEnforcementSurvivalInstitute.org)**

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## About the Author & Primary Presenter: John Marx, CPP

John Marx is the Executive Director of The Law Enforcement Survival Institute and holds certifications in both service and security management. He is the author of *Armor Your Self: How to Survive a Career in Law Enforcement* and was a Police Officer for twenty-three years, serving as a SWAT Team Hostage Negotiator for nineteen of those years. He worked as a patrol officer, media liaison officer, crime prevention officer and burglary detective. In 2008 he founded The Law Enforcement Survival Institute (LESI) and started a project that has evolved into CopsAlive.com. Put simply, the mission of both LESI and CopsAlive.com is to save the lives of those who save lives! The Law Enforcement Survival Institute gathers information, strategies and tools to help law enforcement professionals plan for happy, healthy and successful careers, relationships and lives and distributes that information through its training programs and on [www.CopsAlive.com](http://www.CopsAlive.com).

## Accolades About the Armor Your Self Book:

“The book, *Armor Your Self: How to Survive A Career In Law Enforcement* gives information and skills to the law enforcement professional to not only survive their career, but also to stop transferring unresolved emotional issues into inappropriate police conduct. An important contribution to the law enforcement field.”

**Kevin M. Gilmartin, Ph.D.**

Behavioral Sciences and Management Consultant  
Author of Emotional Survival for Law Enforcement

“While this book would have been valuable to read a decade ago, with the incredible and ever-increasing stresses on today’s law enforcement practitioners it becomes a must read. It is extremely well researched with a vast array of suggestions and options for successfully addressing current challenges. Although topically designed to assist law enforcement, many segments should also be invaluable for adoption by other high stress occupations.”

**Bob Pence**

Special Agent in Charge, FBI (ret.)

“Armor Your Self” is one of those rare resources that is truly an encyclopedia for a successful law enforcement career. From physical fitness to tactical exercises to emotional well-being, John Marx has put together a book for every cadet, rookie, trainer, administrator and senior member of every police department in North America. It should be on the shelf of every law enforcement agency and academy library and must be shared with anyone who has a cop in the family. It’s one of those books that, after reading, we looked at each other and said, “Why didn’t we write this?” Thankfully, John Marx did.”

**Dave and Betsy Smith**

Law Enforcement Trainers and Authors

[www.bucksavage.com](http://www.bucksavage.com)

“John Marx’s *Armor Your Self* is a worthy addition to a growing body of well researched and thoughtfully presented books... on career resiliency in law enforcement”

**RCMP Insp. Gibson Glavin (ret.)** writing for **Canada’s national law enforcement magazine: BlueLine**

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"This book is not meant to be a quick fix, but rather aims to empower readers if they are willing to do the work needed to benefit from its contents. In other words, this book is a "programme" to assist law enforcers to make themselves stronger and better able to endure the rigours of the job ... and in helping each other. This book is indeed different to others thanks to the practical examples written by a fellow cop who has experienced a lot of hidden dangers and who sees a need for the profession to improve."

**Review in South African Community-based Safety and Security Magazine – Servamus**

"Police suicide, job burnout, divorce, PTSD and alcoholism are just a few of the negative outcomes of our career that we are warned about before joining up. Yet despite these warnings, such problems still plague members of our profession...In his book, Marx gives our profession a comprehensive plan, or what he calls a "system of systems" to get to the root causes of these problems and to build wellness and resilience for all of our people."

**Review in BlueStar the magazine of the Australian Federal Police Association**

### **Comments About the Armor Your Self On-Site Training:**

"Absolutely phenomenal block of instruction. I encourage everyone to seek the opportunity to attend."

**Sgt. Cindy Marlowe**

Academy Instructor

Richmond Police Department

"This class was very well presented. I learned and heard things that I absolutely needed."

**D. Ray Phelps**

Patrol Major

Bogalusa Police Department, LA

"Armor Your Self tackles the tough issues that are so taboo in our culture. Each and every department owes it to its members to provide open discussion such as facilitated in this training."

**Hannah Robeson**

Police Officer

Lansing PD

"A great training to provide a safe atmosphere to have critical conversations with our agency"

**Gregory Burton**

Assistant Chief

Jacksonville FL Sheriff's Office

"This program was very valuable to our profession. It would benefit everyone (Police & Dispatchers)"

**Connie Graham**

Communications Supervisor

Hampton Police Division, Virginia

*The Law Enforcement Survival Institute specializes in building wellness and resilience and we offer a wide variety of products or services that can help you. To learn more please contact us at:*

**303-940-0411 or [info@LawEnforcementSurvivalInstitute.org](mailto:info@LawEnforcementSurvivalInstitute.org)**

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