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A 2-DAY TRAINING FOR 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

Manatee County Public Safety Center • 2101 46th Ter E • Bradenton, FL 34203

MAR 24&25



**STRUGGLE
WELL**

9-5PM EST

