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# A 2-DAY TRAINING FOR FIRST RESPONDERS TRANSFORMING STRUGGLE INTO STRENGTH

## PREPARE, PRACTICE, AND IMPLEMENT AN 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

**Iona McGregor Fire District • Station74 • 6061 South Pointe Blvd. Fort Myers FL 33908**

# FEB 25&26



# STRUGGLE WELL

# 9-5PM EST

