



First Responders Training Notice

Presented by Kripalu Center for Yoga & Health
Hosted by Seminole County FL Sheriff's Office
Date September 25–27 | 9:00 am–4:00 pm daily
Location 100 Eslinger Way, Sanford, FL 32773

This training is open to sworn and non-sworn personnel; a Certificate of Attendance will be provided upon completion of the training.

3-Day Immersion Program Schedule

Participants must attend all sessions. Please dress in exercise wear; movement is a component of the training.

Day 1 Morning Session

Topic Program Introduction and Foundation of Stress Resilience

Learning Objectives

- Unpack the most critical law enforcement stressors
- Understand the direct impact of stress on health, police work, and agency bottom line
- Expose common, ineffective coping strategies
- Discover a new model of high performance based in mindfulness
- Examine mindful high performance and its relevance for law enforcement through scientific research and real world application

Day 1 Afternoon Session

Topic RISE: Focus on the Breath

Learning Objectives

- Identify the link between controlled breathing and high performance
- Learn to use the breath to manage stress and enhance police work
- Practice controlled breathing for tactical use during intense and chronic stress situations

Day 2 Morning Session

Topic RISE: Focus on the Mind

Learning Objectives

- Identify the link between mental fitness and high performance
- Learn to direct mental attention to manage stress and enhance police work
- Practice mental fitness exercises to use at work or at home

Day 2 Afternoon Session

Topic RISE: Focus on the Mission

Learning Objectives

- Identify the link between personal mission and high performance
- Learn to identify and engage personal mission to manage stress and enhance police work
- Practice exercises to strengthen personal mission in intense situations

Day 3 Morning Session

Topic RISE: Review and Repetition

Learning Objectives

- Review three components of mindful high performance
- Practice basic breath, mind, and mission exercises to strengthen proficiency
- Evaluate impact through real life testing

Day 3 Afternoon Session

Topic Planning and Implementation

Learning Objectives

- Map personal plan to greater stress resilience and high performance
- Identify roadblocks and workarounds

RISE Instructors

Mary Beth Ogulewicz, JD, MSW candidate, RYT 500, is a twenty-year veteran of law enforcement who skillfully combines her passion for public service with providing frontline professionals with the tenants of evidence-based mindfulness and trauma-informed care. Her experience as a criminal prosecutor, assistant district attorney, and her training in clinical social work offers a visceral understanding of how the RISE curriculum can increase well-being and functionality for those with post-traumatic stress disorder or who face vicarious trauma every day—military veterans, law enforcement, and other frontline providers.

Aron Steward, PhD, MBA, RYT 500, is a forensic psychologist with expertise in violence prevention, health and wellness, alternative therapies, burnout prevention, and organizational change. As assistant director of the Woodside Juvenile Rehabilitation Center, Aron carved a path for staff to be trained in the evidence-based RISE program, creating a culture shift at the center toward mindful self-regulation as evidenced by a measurable decrease in aggressive incidents and high-level interventions including restraint and isolation/seclusion of youth.

Major Michael Hardee is vice president of the Federal Bureau of Investigation National Academy Associates, Florida Chapter, with a 42-year career in law enforcement. He has served in multiple law enforcement capacities, including senior level management positions for more than 20 years. A graduate of the FBI National Academy Session 232, he has also served on the Board of Trustees of Goddard College. He chaired the First Coast Environmental Crimes Task Force in Jacksonville, Florida, while employed with the 4th Judicial Circuit State Attorney's Office, Special Prosecution Unit. Currently he is a consultant for the RISE program, developing curriculum and training for First Responders.

Registration fee \$795. The registration fee includes program tuition only.

Call Kripalu Registrations at 800.741.7353 to register for the RISE for First Responders Training. Space is limited. For general questions about the RISE for First Responders program, please call 904.463.2657.

Reduced rate accommodations are available at Orlando Marriott Lake Mary until September 1. Call 800.228.9290 or 407.995.1100 and reference the Kripalu RISE program.

Notices and Cancellation Policy

Cancellations are subject to a \$50 service fee. Requests to cancel must be received in writing or via email to rise@kripalu.org by September 1. Kripalu will refund registration and ticket fees if the event is cancelled but shall not be responsible for travel or other related costs incurred by registrants. To request a substitution, you must provide WRITTEN NOTICE OF SUBSTITUTION to Kripalu via email at rise@kripalu.org by September 1. After September 1, a fee of \$75 will be assessed on any substitutions. For security purposes, all registrants must show photo identification (driver's license or passport) at the venue to obtain their badge.