



BEHIND THAT BADGE PRESENTS

BULLETPROOF SPIRIT

Trauma Recovery, Resilience and Wellness Training

May 21, 2026

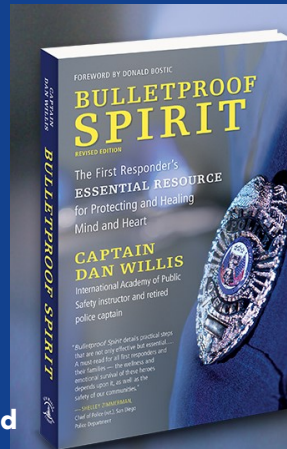
Registration opens at 8:00 AM

Spaces can be reserved on [eventbrite.com](https://www.eventbrite.com)
(FREE))

Grace Bible Church

100 Rodeo Dr. Arroyo Grande

Continental breakfast will be provided and food trucks will be available to purchase lunch.



Praise for *Bulletproof Spirit*

“Essential knowledge not only for all emergency first responders but also for families and those who support these brave individuals who protect and defend us every day.”

— **NICK POPADITCH**, author of *Once a Marine*

“An excellent, lifesaving book.”

— **DAVE GROSSMAN**, US Army Lt. Col. (retired), author of *On Combat* and *On Killing*

“An excellent resource for the newest academy graduate and for the longtime veteran.”

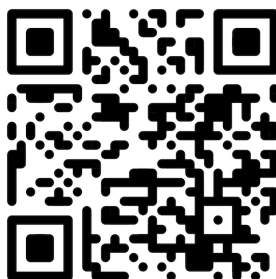
— **SARA GILMAN, MFT**, psychotherapist and president, Coherence Associates, Inc.

1 book per couple or attendee will be provided for free

About author and presenter:

Police Captain Dan Willis (ret) served with the La Mesa Police Department near San Diego for 30 years as a SWAT Commander, crimes of violence / sexual assault/child molest and homicide detective, Wellness Unit coordinator, and Peer Support Team Leader. He graduated from the FBI National Academy, where he studied trauma recovery, resilience, and wellness as the foundation for officer safety.

Event link: <https://www.eventbrite.com/e/bulletproof-spirit-first-responders-resiliency-wellness-presentation-tickets-1980909435446?aff=oddtcreator>



What you will gain from the presentation:

1. Understand the nature of work traumas and how they injure the brain and causes us to become isolated, disengaged, angry, burn out, ill, depressed and distressed.
2. Identify the 10 warning signs that the job has affected you.
3. Identify over 20 proactive emotional survival and wellness strategies.
4. Identify ways to promote emotional survival and wellness among your peers and agency.
5. Understand the effective treatment of EMDR that can save your life.
6. Effective methods to strengthen resiliency in mind, emotions, body and spirit.
7. Effective use (or create) Peer Support and other vital resources and services.
8. Identify principles and ways to promote personal and organizational wellness.
9. Understand the nature of hyper-vigilance and ways to mitigate its harmful effects.
10. Learn practical methods to restoration such as Heartmath's self regulating principles, mindfulness, meditation and others.