

Syllabus – Law Enforcement Leadership and Resiliency

Time	Activity	Trainer
<b>Day One</b>		
0800-0830	Gather and sign in	John Gronski & Chris Kaag
0830 - 0900	Instructor Introductions	John Gronski & Chris Kaag
0900 – 1030	The Resilient Leader	John Gronski
1030 – 1045	Break	
1045- 1200	Redefine Possible	Chris Kagg
1200 – 1300	Lunch	
1300 – 1500	Leadership – It Takes a Team	John Gronski
1500-1515	Break	
1515-1630	Character Strengths	Chris Kaag
<b>Day Two</b>		
0800 – 0830	Gather and sign in	John Gronski and Chris Kaag
0830-0845	Warm up with your resiliency box (wear comfortable shoes)	John Gronski and Chris Kaag
0845 – 0930	Follow up on Character Strengths	Chris Kaag
0930 – 0945	Break	
0945 – 1200	Cultivating Trust	John Gronski
1200-1300	Lunch	
1300-1500	Leadership Rule of 3	John Gronski
1500-1515	Break	
1515 – 1600	Building Resiliency in those you Lead	Chris Kaag
1600 – 1630	How will you apply what you learned and hotwash.	John Gronski and Chris Kaag