

RESILIENT WARRIOR PROGRAM

OPERATOR AND SPOUSE HEALTH & WELLNESS TRAINING 5-DAY POTFF PROGRAM

LOCATION:

Leadership & Freedom Center at the Lodges at Gettysburg

685 Camp Gettysburg Road, Gettysburg, Pennsylvania

The Lodges is a 63-acre retreat set on one of the highest and most beautiful ridge lines in Gettysburg. The secluded property, with breathtaking views, 35 acres of mature woods, campfires, hiking trails and a 3-acre lake, offers the perfect country getaway setting for rejuvenation and growth.

TO REGISTER:

POC - Denise Schultz, Program Director:
(717) 752-0857 or denise@gettysburglodes.com



PROGRAM DESCRIPTION:

“Resilient Warrior” is a vetted DoW Preservation of the Force & Family (POTFF) health and wellness program- 13 years running. The 5-day Course of Instruction(COI) program is aimed at providing pragmatic tools and the renewing of the crucial fabric of the warrior’s head,heart, and gut. Many times, cultural stoicism deters most from discussing issues within, often resulting in high but suppressed stress and anxiety felt by those closest to the individual. Over time, this lifestyle erodes family relationships and trusted teams, which adversely impacts the operator downrange and at home. As we all know too well, it’s all about our commitment to building, nurturing, and retaining our most important relationships – spouses and family, along with the teams. This mindset and committed lifestyle are paramount to consistently achieving and sustaining Mission success! Realizing and understanding the critical importance of HOW to build, nurture, and retain your overall well-being is the transformational journey we offer through the art of emotional intelligence, stress management, effective communication, mindfulness, and overall resiliency for the Operator, Spouse, and Family. Our COI offers an experiential week for individuals to find fulfillment and success in all areas of their personal and professional lives.

Your Mindfulness Journey” focuses on learning and exploring lifestyle habits and health benefits to:

- Improve self-awareness, emotion regulation and self-control
- Improve concentration, focus and “effective” communication
- Identify, understand, and manage our/other’s emotions, anxiety and fear levels

- Increase immune function, manage and decrease stress.
- Managing stress everyday
- Build resiliency within the Family- coping with adversity and bouncing back
- Embrace sharing, caring and serving behaviors to achieve happiness and fulfillment
- Mindfulness & wellness practices
- Conflict resolution
- Project X - Couples Mission Op
- Develop personal and team leadership behavioral traits to build stronger and lasting relationships



The Lodges
at
Gettysburg



ACCOMMODATIONS

In collaboration with the Leadership & Freedom Center and The Lodges at Gettysburg, reservations will be with the Lodges. POC: Denise Schultz, Program Director: (717) 752-0857 or denise@gettysburglodges.com

During your stay at the Lodges, the course of instruction begins at 0800 unless otherwise indicated. The conference room will have a coffee station for those needing extra fuel. Our amazing Executive Chef will prepare all breakfast, lunch and dinners on location. Please advise Denise of any special dietary restrictions or considerations.

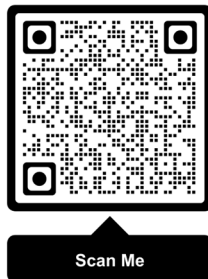


*Gettysburg Operator & Spouse
Resiliency Warrior Testimonials*

“CMSgt Brent Burch, 308th RQS PJ & Wife Britney Burch”



“Captain Adam Becker, 66th RQS CRO & Wife Jen Becker”



“SMSgt Sean Herlihy, AFSPECWAR Pararescueman, Rock & Alpine Guide”

