

PJ PARARESCUE FOUNDATION

PROGRAM:

Resilient Warrior

DATES:

Operator & Spouse Project

July 28 - August 2, 2024

November 10 - November 15, 2024

COST:

Pararescueman: \$4,800 (unit cost)

Spouse: \$2,500 (PJ Foundation)

Couple Total: \$7,300

ENROLL AT:



<https://www.pararescuefoundation.org/events>

<https://www.gettysburgaccommodations.com/resilient-warrior-project>

LOCATION:

Leadership & Freedom Center Team at the Lodges at Gettysburg The Lodges at Gettysburg, an elegant 63-acre private retreat is set on one of the highest and most beautiful ridge lines in Gettysburg, PA. 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.

DESCRIPTION:

Resilient Warrior is a 5-day Course Of Instruction (COI) aimed at providing pragmatic tools and the renewing of the crucial fabric of the warrior's head, heart, and gut. Many times, cultural stoicism deter most from discussing issues within, often resulting in high, but suppressed anxiety felt by those closest to the individual. Over time, this lifestyle erodes family relationships and trusted teams. 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, is paramount to consistently achieving and sustaining Mission success!

Realizing and understanding the critical importance of building, nurturing and retaining your overall well-being, “Resilient Warrior”, is offering a transformational journey in the art of emotional intelligence, mindfulness, and resiliency. Our COI offers an experiential week for individuals to seek and obtain happiness, fulfillment and success in all areas of their personal and professional lives.

- “Your Mindfulness Journey” focuses on exploring the 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, decrease stress;
- Build resiliency- coping with adversity and bouncing back;
- Embrace sharing, caring and serving behaviors to achieve happiness and fulfillment.
- Conflict resolution
- Project X team building
- Develop personal and team leadership behavioral traits to build stronger and lasting relationships

Accommodations:

In collaboration with the Leadership & Freedom Center (LFC) Gettysburg, the Pararescue Foundation will host the Operators and Spouses Retreat which will take place at the LFC overlooking the historical battlefield.

1. Reservations will be with the Lodges at Gettysburg (Leadership & Freedom Center)

<https://www.gettysburgaccommodations.com>
POC: Denise Schultz 717-752-0857



Drone view: <https://www.youtube.com/watch?v=ZvOXHce5Xac&t=59s>

2. During your stay at the Lodges, breakfast is at 0700-0800 adjacent the classroom, main building. The Course Of Instruction begins at 0800 unless otherwise dictated. The conference room will have a coffee station for those needing the extra fuel.
3. We'll plan all breakfasts, lunch, and two or three dinners on location (marvelous food) and the other nights on your own.
5. Please advise us of any special dietary considerations.

POC: Denise Schultz 717-752-0857 Denise@gettysburglodges.com

6. When you arrive, inquire at the front desk for the location of the PRODEV class - 0800 Sharp.

