



FIRST RESPONDER LEADERSHIP COURSES

The Leader's Wellness Blueprint

Discover practical strategies to manage stress, build resilience, improve recovery, and lead with greater clarity, purpose, and longevity.

Instructor: Vance Row

Lesson 1 — Trauma, Therapy & The Courage to Heal

Learning Objectives

Participants will:

- Recognize how cumulative trauma affects first responder leaders.
- Explain why seeking help is a sign of strength—not weakness.
- Identify warning signs that stress may be impacting your personal and professional life.
- Develop a personal plan for finding trusted wellness resources.

Key Concepts

- First responders experience cumulative trauma.
- Seeking help is a sign of strength.
- Self-awareness is the first step toward healing.
- Healthy leaders model healthy behaviors.
- Wellness requires intentional action.

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Leadership Action Guide

This week:

- ☐ Honestly answer the question: "How am I... really?"
- ☐ Identify one trusted wellness resource available to you.
- ☐ Schedule one conversation—whether with a peer supporter, mentor, therapist, or trusted friend.
- ☐ Commit to one healthy habit that supports your mental well-being.

Leadership Reflection

- What signs of cumulative stress do you recognize in yourself?
- What has kept you from asking for help?
- How would your leadership improve if you were emotionally healthier?
- What is one action you'll take this week?