



# IAFF RESILIENCY TRAINING

Despite increased awareness of behavioral health problems in the fire service, post-traumatic stress, substance abuse, burnout and suicide continue to plague our ranks.

The IAFF Resiliency Training is a one-day, eight-hour, in-person training focused on building individual and organizational resilience in the fire service. The class is designed for 40 participants, with opportunities to deliver the training to larger groups, space permitting. Through a combination of self-assessment, didactic instruction, group discussion and video, participants will gain an essential foundation for personal resiliency on and off the job.

The IAFF Resiliency Training includes two components: pre-course content and classroom content. Pre-course content includes an individual resiliency assessment completed online, followed by a one-hour video series on organizational resiliency. Classroom content will focus on six key concepts to gain resiliency-building skills that can be applied both on and off the job:

- |                          |                           |
|--------------------------|---------------------------|
| 1. Positive Thoughts     | 4. Mind-Body Connection   |
| 2. Positive Emotions     | 5. Nutrition and Exercise |
| 3. Positive Interactions | 6. Spirituality           |

## ► Curriculum includes how to:

- Assess your current level of individual resiliency
- Respond to stress with positive, flexible thinking
- Increase positive social interactions on and off shift
- Experience more positive emotions during your day
- Manage stress through tactical breathing, meditation and mindfulness
- Challenge personal and occupational barriers to good nutrition and exercise
- Build meaning and purpose in your daily life through spirituality

## ► Who can participate in the training?

Fire service personnel of any rank and position — active or retired — may participate in the training. In addition, host sites may choose to invite other relevant community members (e.g., EAPs, local behavioral health providers, chaplains and researchers) as a way to expose them to fire service culture.

## ► Who teaches the training?

The course will be taught by two IAFF master resiliency training instructors. All IAFF master resiliency instructors are also IAFF peer support instructors.

## ► How do we host a training?

Any local, state or provincial association or IAFF-affiliated department may serve as a host site. All trainings must be requested by the IAFF local president. The host site is responsible for securing training space, arranging for AV equipment, class registration, logistics coordination, providing lunch or lunch options, and the cost of the training. Classes can be scheduled three to six months in advance.

To schedule a training, please complete the [IAFF Resiliency Training Request Form](https://www.iaff.org/resiliency-training/) found at [www.iaff.org/resiliency-training/](https://www.iaff.org/resiliency-training/).

## ► What does the training cost?

The cost of the training is \$6,750. This fee includes all training materials, completion certificates, instructors' time, travel, and hotel expenses. If a host would like to hold the one-day training on consecutive days to reach a larger group, discounted pricing is reflected below:

- 1 class: \$6,750 (trains 40 students)
- 2 consecutive classes: \$11,000 (trains 80 students)
- 3 consecutive classes: \$13,500 (trains 120 students)

## ► How can I attend a training hosted by someone else?

Trainings are hosted by an IAFF local affiliate or department. Occasionally, a host site has space available for outside participants. Individuals who want to participate in the training at another host site must (1) obtain the approval of their local president; (2) register and communicate directly with the host point of contact; and (3) be responsible for travel expenses and any registration fee charged by the host. If you are interested in being placed on a waiting list to attend the training at another host site, please [click here](#) to sign up and be placed on the IAFF Resiliency Support Training Contact List.