Mental Tactics for the Female Enforcer

March 17, 2021 - 1:00pm - 4:00pm (CST)

REGISTER HERE

April 22, 2021 - 1:00pm - 4:00pm (CST)

REGISTER HERE

In sudden violent encounters, the degree to which you're *mentally* prepared to navigate the chaos, confusion and complexity of an attack can rival—if not surpass—the survival value of your *tactical* preparedness.

Are you prepared to handle what you may see in a violent encounter? What you may hear? Feel? Think?

During this 3 hours program, *MentalTactics for the Female Enforcer* willhelp you develop the RIGHTskills to train, prepare and execute emotional control and mental focus when you need it the most.

In this class, you'll learn how to:

- Train to avoid the mental mistakes that can put you at severely increased risk.
- Effectively control the biological, chemical and physiological impact of intense, sudden onset stress.
- Understand the critical difference between preparation and paranoia.
- Employ strategies for training to be mentally prepared for the unexpected and the unknown.
- Leverage visualization techniques that could ultimately save your life in an unexpected violent encounter.