



# CALIBRE PLUS<sup>+</sup>

## Online Training Division

### Female Enforcer Training Series

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By popular demand, Calibre Press is proud to announce the release a revolutionary new multi-module program focused specifically on the unique needs of female officers.

This expertly designed triad of 3-hour courses takes a 360-degree approach to preparing you for every dimension of the job.

#### **Module 1: Street Tactics for the Female Enforcer**

It's a fact that women are unique and face challenges on the job. Street Tactics for the Female Enforcer takes a closer look at those challenges by addressing size, physical positioning, muscle memory, firearms and deadly force encounters on the street.

During this 3-hour program, we will offer solutions and proven skills to develop effective, life-saving tactics that can be immediately implemented.

#### **Module 2: Mental Tactics for the Female Enforcer**

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, Mental Tactics for the Female Enforcer will help you develop the RIGHT skills to train, prepare and execute emotional control and mental focus when you need it the most.

#### **Module 3: Emotional Survival for the Female Enforcer**

During this 3 hour program, Emotional Survival for Female Enforcers will focus on managing the 24/7 demands that exist in the current state of law enforcement, as well as the unique stressors that have developed in protecting community, home and family. You are not alone ...

#### **In this series you will learn :**

- Creative and effective ways to turn perceived “weakness” and physical disadvantage into performance strengths and advantages.
- Special equipment considerations for female officers.
- Strategic positioning techniques that can minimize the risk of avoidable injury and maximize force effectiveness for smaller stature officers.
- 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.
- Balancing Home and Career
- Having it All... Doing it All... Being it All
- Self-Control, Managing Your Emotions and Burnout

**For more information:**

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