



Guarding the Guardians: Training for First Responders

Lead with Confidence. Respond with Clarity. Protect with Resilience

Are you an EMS professional committed to ensuring safer responses while protecting your own well-being? This groundbreaking program is designed to empower EMS professionals with the skills to de-escalate high-stress situations while protecting their own well-being. This innovative initiative equips first responders with forward-thinking strategies to manage crises, enhance safety, and foster resilience in both their professional and personal lives. By learning to regulate stress and lead with confidence, participants will shift mindsets, build emotional strength, and operate with clarity and purpose. The positive impact will extend to their teams and communities, improving overall well-being and performance. This motivating, fun, and interactive workshop offers proven techniques to navigate pressure and succeed in all areas of life.

GOALS OF THE WORKSHOP

- **Mindset Shift:** Strengthen emotional regulation and decision-making under pressure.
- **Reflection:** Identify personal strengths and overcome limiting beliefs.
- **Empowerment:** Build confidence and leadership skills to navigate crises effectively.
- **Reframing:** Develop resilience by shifting perspectives and managing emotions proactively.

You will leave this workshop feeling more connected, confident, and resilient, with the skills to stay calm under pressure, manage stress effectively, and lead with clarity. Equipped with practical tools for crisis response, patient care, and teamwork, you'll not only enhance safety for those you serve but also strengthen your own well-being and job satisfaction.



MEET YOUR TRAINER

Dr. Lisa Patierne has trained over 5,000 first responders, equipping them with the skills, confidence, and resilience needed to navigate high-stress situations. Through proven de-escalation techniques, leadership development, self-care strategies, and trauma awareness, Lisa empowers first responders to stay composed under pressure, strengthen team dynamics, and enhance their well-being—both on and off the job.

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