

# LAW ENFORCEMENT

## C O A C H I N G

## Course Title: Duty Driven Deterioration

**Course Length: 5 Hours**

**When: Wednesday June 4th**

Morning Class: 8am-1pm

**Location:** Swinomish Casino

**Cost: \$375 Per Person. *Spouses are invited and encouraged to attend at no additional charge.***

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### Course Description:

Law enforcement agencies across the nation invest significant time and effort into crafting Tactical Operations Plans designed to increase the success of missions while minimizing the loss of life. Every detail is scrutinized—from mapping the route to the target location, to designating medical evacuation procedures in case of an Officer Down scenario. These plans ensure that no one is left unprepared, with each team member's role, contact information, and specific duties meticulously laid out. Yet, no matter how thorough the preparation, one truth always remains: "No plan ever goes according to plan." That's why officers train relentlessly, ensuring they are ready to adapt, adjust, and succeed, especially on their worst day.

But here's the real question: We go to such great lengths for tactical operations that may last only a few minutes—so why do we navigate 20+ year careers without a wellness plan for ourselves?

In this course we will discuss the term "Duty Driven Deterioration" as the gradual decline in physical, mental and emotional well-being of a First Responder, as a result of relentless dedication to their professional duties. We will discuss how to take a methodical pro-active approach to navigating a full career in public safety. Through an exploration of the Four Phases of Duty Driven Deterioration, participants will create their own Strategic Support Networks inside and outside of their public safety communities. Each participant will also learn how to develop tailored Strategic Response Plans for each phase of Duty Driven Deterioration to ensure sustained professional performance and personal well-being.

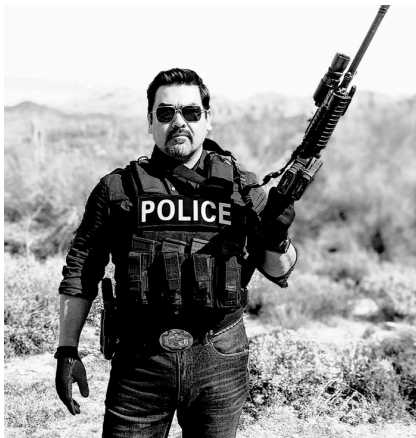
## Course Topics:

1. Identify the 4 Phases of Duty Driven Deterioration
2. Implement Stress Response Strategies
3. Create Strategic Support Networks
4. Develop Strategic Response Plans for each phase of Duty Driven Deterioration

By the end of this course, participants will be equipped with practical tools and strategies for day-to-day operations in public safety, to safeguard their mental, emotional, and physical health for a more sustainable and fulfilling career. Each participant will be provided with a Duty Driven Deterioration Rubric and Booklet, serving as an easily accessible reference tool to enhance self-awareness.

***Spouses and significant others of participants are highly encouraged to attend FREE of charge as guest of registrants.***

## About the Instructor/Developer:



This course has been meticulously crafted under the expertise of Detective Chris Zamora (Ret.), a seasoned veteran with a commendable 23-year service record with the Gilbert Police Department in Arizona, where he served as a Patrol Officer, Undercover Narcotics Detective, Internal Affairs Detective, Robbery Detective and Homicide Detective. Drawing from a wealth of personal experience and challenges within the law enforcement profession, Chris adeptly imparts valuable insights garnered from his career in Public Safety.

**For more information contact us at [Lawenforcementcoaching.com](https://Lawenforcementcoaching.com)**

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