

First Responder Wellness: Lead & Win

With Jocko Willink, Dr. David Black & Mandy Nice

Hosted by Echelon Front

Tuesday, July 18 | 12 pm Eastern

Every day, thousands of first responders courageously take on the most unpredictable, high-pressure, chilling, and at times, life-threatening calls. If left unaddressed, these call can take a serious toll on your health.

Join Echelon Front's Jocko Willink and Lexipol's Dr. David Black and Mandy Nice in as they pave the way for you to reclaim your inner strength and fuel your immediate and long-term wellness success. Learn to leverage the Echelon Front Mindsets for Victory. Explore evidence-based best practices to overcome the challenges of high-pressure shift work, ever-changing job demands, and daily exhaustion. Live Q&A will give attendees an opportunity to participate in the discussion.

You'll learn:

- Insight into how a healthy lifestyle can produce physiological and psychological benefits that increase first responder readiness and resilience
- How to leverage the foundational, world-class leadership principles developed by U.S. Retired Navy SEAL Jocko Willink and Former U.S. Navy SEAL Leif Babin to optimize physical and mental wellness
- Key strategies and tactics to overcome common wellness-related challenges that first responders face so that they can stay on the path to long-term health and wellness success and help lead their peers do the same

Register now – space is limited!

Registration is free. Can't make it? Register anyway and we'll send you a recording after the event.

Questions? [Contact us.](#)

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