

Dan Schmer's Resilience Training and HeartMath Course

Greetings from the KCPD Employee Wellness Section. Would you like to build stress resilience and optimize performance? Would you like to sleep better and improve your decision-making capabilities, particularly under pressure? Retired KCPD Officer Daniel Schmer is a founding member and master educator of Blue Courage LLC. Dan has graciously offered to share The Resilience Advantage and HeartMath with KCPD. This course will provide attendees tools to increase resilience and self-regulate to become a higher performer. The 8-hour class will be on **July 19, 2024** at the **Regional Police Academy, Room 303**. Start time is TBD. **Only five spaces remain for this class. Let's fill up this roster!** Please email Kerry Baker (Kerry.Baker@kcpd.org) if you'd like to attend. [Daniel Schmer Bio and Resilience Course Description](#)