

Daniel joined the Kansas City, MO Police Department (KCPD) in August of 1984 and retired in August of 2010 after 26 years. During his tenure with KCPD Daniel was assigned to Center, East and South Patrol Divisions, the Traffic Division, the G.R.E.A.T. Unit and the Training Division and was a member of the Hostage Negotiations Team for 10 years. Daniel was a founding member of KCPD's Leadership Academy.

Daniel is a founding member and master educator of Blue Courage LLC and serves on its Board of Directors, since 2011. He is part of the Blue Courage law enforcement and military teams. Dan holds a Bachelor of Science Degree in Criminal Justice Administration and obtained a Master Degree in Education. He holds numerous nationally recognized leadership and personal development content certifications, to include being certified as a Master Instructor in Resilience from the HeartMath Institute.

Dan and his wife, Carol, reside in Kansas City, Missouri.

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The Resilience Advantage™

Building Stress Resilience and Optimizing Performance

For law-enforcement officers, military service members, firefighters, emergency medical services and 911 call-center personnel and other first responders.

This is a special version of Resilience Advantage with several added content modules designed specifically to improve the safety and well-being of first responders. This workshop teaches officers to take charge of and self-regulate unnecessary energy expenditures that deplete resilience and diminish mental and physical performance. As a result, they are able perform at their best and increase and sustain emotional balance, clarity and flexibility while dealing with day-to-day challenges. Other important benefits include improved sleep, situational awareness, reaction time and decision-making, particularly under pressure.

Who is HeartMath?

The nonprofit Institute of HeartMath is a recognized leader in stress research, the physiology of optimal performance and resilience. Twenty years ago, HartMath research identified the physiological state of coherence — an optimal state of emotional, cognitive and physical functioning that underlies one's ability to build and sustain resilience. This understanding led them to develop resilience training and mentoring programs which teach people to take charge of and intelligently regulate their energy. To date, tens of thousands of individuals have increased their resilience capacity using

HeartMath self-regulation tools and heart-rhythm feedback technology. Their training and mentoring programs have proven especially effective with individuals who work in the service of others—such as nurses, police and active duty service members.