



Brattleboro Retreat  
MENTAL HEALTH AND ADDICTION CARE

# Pre-Exposure Preparation Training: A Roadmap to Firefighter Readiness



## Peak Performance Training for Vermont Firefighters

*“Learn and practice mental skills for the expected, unexpected, and everything in between.”*



### What You'll Learn

In this hands-on training seminar, you'll learn and practice skills to flex your mental muscles and do five key things to handle all-hazard incidents at work and live a richer, fuller, more meaningful life at work, home, or wherever you are:

- Notice painful thoughts and feelings without getting caught up in them.
- Learn to recognize that on the flip side of painful thoughts & feelings are often things you care about.
- Let go of the habit of moving away from pain.
- Choose what's important to you in life.
- Take action in those chosen life directions.

### Pick a 2018 Date

Thurs., June 14  
Thurs., June 21  
Tues., July 10  
Tues., July 17  
Thurs., July 19  
Fri., August 3

### Registration Required!

Visit [brattlebororetreat.org/vt-firefighter](http://brattlebororetreat.org/vt-firefighter)

### Time

8:30 am—4:00 pm

### Location

**Brattleboro Retreat Education  
Conference Center**

Continental breakfast, lunch, and self-help workbook included with each training.

### No Cost!

Funding for this training made possible by a grant from The Vermont Community Foundation. The grant supports wellness training for Vermont firefighters.

**Sponsored by the Brattleboro Fire Department & The Vermont Community Foundation**