

Resiliency & Wellness in Public Safety



Reset your system. Rebuild your resilience.



Facilitated by Heather Williams, PsyD
30+ yrs in Public Safety | Peer Support Specialist | Licensed Psychologist

Tools to build the resilience the job asks of you.

- » Strategies for Engaging Our Parasympathetic System for Relaxation, Improved Sleep, and Immunity
- » People-Pleasing and the Consequences of Burnout
- » Best Practices for Processing Critical Incidents to Mitigate Cumulative Trauma and PTSD
- » Addiction Through a Different Lens: Dopamine and an Attempt to Find a Solution
- » Healthy Communication Tactics in Relationships
- » Cortisol, Inflammation-Reducing Foods, and Supplements
- » Self-Assessments

DATE

Feb. 19, 2027

TIME

8:00am - 5:00pm

COST

\$195.00

LOCATION

Marina Park
1600 W. Balboa Blvd
Newport Beach, CA 92633

Learn more & Register at
EmbassyCS.com/Register



In Partnership with
Newport Beach Police Department



COURSE DESCRIPTION

This 8-hour course is designed to provide public safety personnel, both sworn and professional staff, with valuable insights into the emotional and mental health challenges associated with working in public safety. The training aims to increase awareness and promote emotional wellness by addressing the personal and professional costs of the profession.

ABOUT THE INSTRUCTOR

After spending the last 20 years responding to critical incidents in partnership with law enforcement and 5 years with the Orange County Sheriff's Department as the Regional Peer Support Coordinator, Heather elected to take her passion to another level and in 2019, established Premier 1st Responder Psychological Services. As a licensed psychologist, Heather has committed to serving and protecting public safety and their family members by providing exceptional, culturally competent services. She offers individual, couples, and EMDR therapy, 24/7 crisis response services, critical incident debriefing, peer support development, oversight, training/presentations, consultation, active shooter response, and recovery coordination/crisis response services.

