



# signet

TRAINING GROUP

## WELLNESS & VITALITY

Despite the advanced age in which we live, true vitality and wellness remains evasive, especially in public safety. The epidemic of police suicide seems to be growing. It is clear that depression, desperation and stress are acute problems that must be addressed. However, we must get to the root of the problem to promote true and lasting change. Our belief is that the root cause of these ailments lie in a lack of wholeness, a lack of life balance. Positive life balance must include deliberate attention to four key components of a healthy lifestyle: spiritual health, physical health, mental health, and social/emotional health. This class will provide students with practical tools they can use to achieve greater life balance. Greater life balance leads to hope, perspective and direction, which are key elements in combating stress, depression, and desperation.

### Throughout the course of this instruction, students will:

- Understand that their first responsibility is to take care of themselves before being truly capable of taking care of others
- Discuss how natural law operates in our happiness and well-being
- Identify how to live life by design rather than default
- List the elements of effective goal setting and link the importance of goals to life satisfaction and well-being
- Discuss specific practices and effective goals related to spiritual health
- Discuss specific practices and effective goals related to physical health
- Discussed specific practices and effective goals related to mental health
- Discuss specific practices and effective goals related to social/emotional health

To schedule this seminar, email Jesse Williams at [jesse@signettraining.com](mailto:jesse@signettraining.com)