



Captain Dan Willis

Speaker, Author

Topic: *"Bulletproof Spirit: Trauma Recovery, Wellness, and Resilience"*

Captain Dan Willis served for 30 years with the La Mesa (CA) Police as a crimes of violence-sexual assault-child molest-homicide detective, SWAT Commander, Wellness Unit coordinator and Peer Support team leader. He's a graduate of the FBI National Academy where he studied trauma recovery, wellness, and resilience. He's an international instructor on police officer wellness (having trained over 8,000 peace officers in 35 states and Canada) and is the author of the emotional survival and wellness guidebook *"Bulletproof Spirit: The First Responders Essential Resource for Protecting and Healing Mind and Heart"* - which is required reading at the FBINA.

Topic: *"Bulletproof Spirit: Trauma Recovery, Wellness, and Resilience"* offers evidence-based strategies for personal, as well as organizational, wellness from recruitment to retirement. It provides proactive wellness strategies that strengthen resilience and that enable officers to recover and heal from their daily work traumas that cannot only cause suicide, but post-traumatic stress and other psychological and emotional distress that plague our honored profession. It also provides a path for organizations to create mechanisms for wellness and support for their officers/dispatchers. It is a blueprint for individual success, organizational effectiveness and professionalism, and positive community impact.