



# Laura G. Hanson

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Brain Bucket Proactive Wellness  
Formerly with Virginia Beach PD

Laura G. Hanson is a former SWAT operator for the Virginia Beach Police Department. While assigned to the full-time SWAT Team, Laura helped plan and execute hundreds of search warrants and vehicle takedowns. She was the lead instructor for the department's Field Force Operations and was also on the sniper cell, where she was recognized as Top Shot during Sniper School.

After leaving the department, Laura wrote a memoir called *Why I Went In*. The memoir is about her life leading up to the active shooter in Virginia Beach on May 31, 2019, and how the experience became a catalyst for her self-discovery and healing.

Laura is passionate about using her personal growth and development, high performance coaching, and wellness tactics to strengthen the overall well-being of those in the law enforcement community. In her free time, Laura enjoys reading, writing, studying personal growth, walking, going to coffee shops, exploring, working out, playing with her mini-Aussie, and stock trading.

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Topic: *Raising the Standard for Resiliency*

What do we do when everyone says 'I'm fine' after a critical incident? Who does it fall on to ensure the resiliency of the individuals working for the department? Lastly, is burnout and a disgruntled mindset avoidable in a trauma-packed career? This presentation is about creating a reality for those in law enforcement to have successful careers, meaningful relationships, and a strong overall well-being.