

Class: Blue Courage: The Heart and Mind of the Guardian

Instructional time – 16 hours

The materials for this class are subject to Copyright Laws therefore additional material is not available for review as it is not property of the San Diego County Probation Department.

1. Welcome and Introductions
2. Objectives
  - a. Students will discuss why they chose a profession of service, the importance of self-care and continued learning and how to thrive and evolve in difficult environments.
  - b. Students will practice mindfulness through guided breathwork activities.
  - c. Students will identify healthy and unhealthy aspects of law enforcement culture and the consequences of both.
  - d. Students will discuss the nobility of law enforcement professions, its critical responsibilities and the power of influence.
  - e. Students will discuss the active process of respect and why it is necessary for effective citizen contacts.
  - f. Students will differentiate between depleting and renewing emotions and identify the impacts of both.
  - g. Students will identify common work-related stressors and ways to reduce the negative impact of stress.
  - h. After learning about the physiological impact of stress, students will practice breathing techniques to reduce cortical inhibition.
  - i. Students will list positive emotions experienced during the course of their work and identify things they are grateful for within their personal lives.
  - j. Students will discuss the virtues of practical wisdom in a law enforcement context.
  - k. Students will evaluate their personal health and wellness and identify areas of strength and potential growth.
  - l. Students will reflect on the impact of their work, evaluate their personal wellbeing across all four dimensions of a whole person and create personal commitments, as desired.
3. Foundations
  - a. “Why” of Blue Courage
  - b. Key words
  - c. Video: Nobility of law enforcement
    - i. View and discuss
  - d. Courage vs. bravery
  - e. Blue Courage moments
  - f. Virtues
  - g. Path from inspiration to mastery – heartset, mindset, skillset, toolset
  - h. Impact of “losing heart”
  - i. Purpose focused, people focused, and development focused
  - j. Dimensions of a whole person
  - k. Blue Courage Stories
  - l. Pattern interruption, attention and mindfulness
    - i. Group activity: Practice 16 seconds of stillness and silence
  - m. Video: Sikh Temple shooting in Oak Creek, WI
    - i. View and discuss (focus on officer mindset & heartset)
4. Review / Closing / Evaluations