



# STRUGGLE WELL



*We are meant to thrive, not just survive.*

## STRUGGLE WELL 5-DAY TRAINING SPONSORED BY CORAL SPRINGS REGIONAL INSTITUTE OF PUBLIC SAFETY

**DATE:** March 27-31, 2023

**TIME/DURATION:** 9am-4:00pm (Daily)

**LOCATION:** Coral Springs Public Safety Complex  
4150 NW 120th Ave. Coral Springs, FL 33065

### THE OBJECTIVE

The objective of Struggle Well Training is to enable participants to prepare, practice, and implement an individualized plan for personal growth by transforming struggle into strength, enabling them to be of continued service to themselves, their family, their work, their community, and their country.

### THE APPROACH

Struggle Well training is based on the proven framework of Posttraumatic Growth, which feature five phases, built on an environment of trust and connection

### THE IMPACT

Struggle can serve as a catalyst for growth and transformation, if used properly. The purpose of Struggle Well training is to enable you to grow, which occurs in five areas:

- New Possibilities
- Deeper Relationships
- Personal Strength
- Appreciation for Life
- Spiritual and Existential Change

### LEARN MORE

To rsvp for the training or to learn more, email Debbie Ward at [debbie.ward@bouldercrest.org](mailto:debbie.ward@bouldercrest.org), call her at (954) 290-7311, or visit [www.csrips.org](http://www.csrips.org).



**BOULDER CREST**  
FOUNDATION



Struggle Well trainings are developed and delivered by the Boulder Crest Foundation, a national nonprofit organization dedicated to ensuring that first responders, service members, veterans, and their families can live great lives — filled with passion, purpose, service, connection and growth.