



STRUGGLE WELL

We are meant to thrive, not just survive.

STRUGGLE WELL 2-DAY TRAINING

DATE: April 30 & May 1, 2025 **TIME:** 8-4pm

LOCATION: Beverly Police Department

175 Elliott St. Beverly, MA

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

REGISTER:

To register for the training, please e-mail: NEEssexCITTAC@gmail.com



BOULDER CREST
FOUNDATION

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



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