

CANADA *Beyond* THE BLUE

PANDEMIC 360 4 WEEK ONLINE PROGRAM

ABOUT

Are you experiencing a roller coaster of emotions? We are ALL facing this pandemic together. This can have major implications in our personal AND professional lives, but they can be GOOD ones! How can we maximize this opportunity to build the skills and resources enabling us to emerge stronger than we were before?

You already have everything you need to navigate life's challenges and overcome obstacles. You've proven that! Life isn't easy. Having been in the trenches, made big decisions, influenced and impacted people's lives personally & professionally. You will continue to have to endure immense pressure and stress over your lifetime. So, it is vital that you learn how to enhance your performance and boost your well-being, by leveraging that stress.



SESSIONS

All online sessions will be closed sessions with the same participants for the duration. All sessions will start promptly at 2:30 pm EST :

*Thursday, June 4
Thursday, June 11
Thursday, June 18
Thursday, June 25*

REGISTER

You must pre-register to receive an invitation to join the sessions virtually.

Maximum 15 registrants.

To register please visit CanadaBeyondTheBlue.com, click on RCMP webinar tab and enter the password provided by the NPF to access these resources

SAJEL BELLON



Ed.D, RP, CTSS is a Behavioural Science Professor, Psychotherapist, and the Founder of Mind Armour & SOS Psychotherapy. She is driven to “un-stigmatize” the suicidal mind, while building beyond resiliency to post-traumatic growth. Her focus is bringing forward integrated researched strategies for mental health, education, and systemic culture change within the First Responder and high-stress sectors. Emphasizing psychological safety and connection as key pillars, Bellon helps organizations enhance their mental wellness promotion, trauma prevention and recovery processes.