



# VALOR COURSE CATALOG



The Bureau of Justice Assistance (BJA) VALOR Officer Safety and Wellness (VALOR) Program is committed to providing all levels of law enforcement with the knowledge and tools to get them home safely at the end of every shift. VALOR training inspires and challenges participants to reengage with their passion to protect and serve.

All VALOR training, available both in-person and virtually, is provided at no cost to sworn law enforcement officers. Through its discussion of critical officer safety and wellness topics, the VALOR Program helps prevent injuries and deaths of law enforcement officers and the people they serve.

## In-Person Training Events

**Executive Leadership Workshop:** This workshop challenges law enforcement executives to create an organizational culture of safety and wellness; discusses leadership strategies, policies, procedures, and best practices; and explores new ideas and no-cost resources.

**Mid-Level Leadership Workshop:** This workshop inspires mid-level law enforcement leaders to advance officer safety and wellness strategies within their own agencies by exploring critical officer wellness issues; examining causes of officer assaults, injuries, and deaths; and discussing setting a safety precedent and accountability.

**Survive & Thrive®:** Offered as a 2-day course, this training provides officers at all levels with exactly that—the essentials to survive and thrive—by stressing the importance of being physically and mentally prepared, maintaining situational awareness, combating complacency, and remaining vigilant.

**Train-the-Trainer Workshop:** This workshop provides qualified law enforcement trainers with tools to develop and deliver basic in-house officer safety and wellness training within their agencies.



## Safer Together Training Events

**Safer Together Command-Level Forum:** As a leader, you have a critical role in supporting officer safety and wellness in your agency and community. This forum provides actionable skills and strategies your officers can use to enhance their overall safety and wellness and develop positive, healthy community relationships.

**Safer Together Frontline Officer Workshop:** This workshop intended for frontline officers stresses the importance of stress reduction and wellness to improve officer safety and community safety.

**Safer Together Matchbook:** This highly interactive course is conducted in three parts: a live, virtual session to kick off the training; a self-paced, online asynchronous portion; and a live, virtual class to conclude. Officers will gain actionable skills and strategies that they can use to make the most of every interaction.



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