Blue Courage

The Heart and Mind of the Guardian

What is

Blue Courage?

Blue Courage is a way of being,
A philosophy that inspires one to
Embody the noblest of character
And unquestioned devotion.

It is to flourish in all aspects of life,
To act with practical wisdom,
To exude vitality, and
To hearten human connections.

Topics to Be Covered:

- Foundations
- Police Culture
- Nobility of Policing
- Respect
- Resilience / Hope
- Positive Psychology
- Practical Wisdom
- Health & Wellness
- The Immortal Cop

Why Blue Courage?

Blue Courage is a transformational two-day leadership development workshop designed for all levels of the organization. This revolutionary educational process is a holistic approach to developing our people. It will touch hearts, awaken minds and ignite spirits through dynamic presentations and learning processes. If your interest is self-improvement, increased engagement, stress-management, developing resilience, igniting culture change, combating cynicism, while improving overall health and well-being, then Blue Courage is waiting for you to answer the call!

Location:	Date:	Time:
Bellevue Police Dept./City Hall 450 110th Ave NE, Bellevue WA	September 28th & 29th	8:30 AM to 5:00 PM