



## 1. What did you like best about this course?

- There was a sense of understanding and respect for our profession
- It was very specific & geared towards LE and spot on to the things we as LE go through and feel
- The personal stories that Dr. A shared and the way she compared Special Operations to LE
- Listening to the operators, their experiences and their mentality toward their work
- Very genuine, relatable training
- Knowledge and training itself was great
- Good PowerPoint and interviews with Special Ops
- The good habits of SOF operators; Positive messages
- Handling stress and anxiety
- Excellent use of work in field
- What I liked the best were the stories and videos from the Special Operators and them just being thankful for what we do, as well as I hope they know we feel the same
- The subject matter was presented in a way that was engaging and informative without too much text on the screen. The presentation felt relatable
- Understanding why my body/mind reacts a certain way under stress
- Authentic stories from those who lived it
- The stories and book recommendations
- I liked the bridge between SOF & LE. Showing that PTSI is not something only military experience; also, ways to personally deal with it
- NO BULLSHIT TONE AS NEEDED. CREATES COP ENVIRONMENT IN A GOOD WAY
- Messages from the veterans to LEOs
- Hearing from the men in Special Operations and all of the book recommendations. Also, touching on the emotional aspects of the job
- IT WAS REAL & NOT SUGAR COATED
- The messages directly from SOF were very meaningful and encouraging. Definitely reassures the reason for staying in the profession of LE
- I enjoyed hearing the first-hand experiences from the former military members
- THE SCIENCE. COPS BELIEVE EVIDENCE; "HAPPY HORSESHIT" TURNS GUYS OFF
- Very well presented with well thought out information
- Covers an area in LE that doesn't get touched on until it's too late

- Realizing the commonalities between military & LE experiences and how to deal with the stressors of the job
- Taped interviews
- The portion about what goes on in personal lives. It's not always about trauma or PTSD
- The motivational message
- Content. Presentation.
- THE LEFT OF BANG THEORY WAS VERY EXCITING. I TRULY BELIEVE IT WILL BE USEFUL IN DAY TO DAY ACTIVITIES.
- Videos from military warriors
- The topic and especially how BJJ can play such a vital way of helping
- The stories from the SOF guys. The levels of stress and how it correlates to cognitive abilities
- Relevant material, grounded in realism
- I liked the link between Special Operations and Law Enforcement
- Makes you think and reflect
- Very knowledgeable. Lots of interesting material
- The interviews & real life stories
- The personal stories associated with the material
- The personal message from the Spec Ops about our (?)
- I liked the show of importance on being physically and mentally healthy and focusing on those aspects before they turn into the "bang" moment
- The instructor's passion about the topic. Learning new ways to cope with stress
- This course gave a good description of resiliency
- The message from Mark Spicer
- I enjoyed the inspiring stories about special warfare soldiers
- Hearing people's stories
- Sources to help with mindset
- Talked about uncomfortable topics
- I enjoyed the different modules. It broke the class up and made it easier to focus on what the purpose was for each
- Very relaxed class. Lots of information
- The warriors' personal stories
- This course allowed me to look at my career and come to an understanding that I can and will do better



## 2. Please share your comments on the instructor.

- Was knowledgeable and informative
- Great presentation
- Knowledgeable
- Excellent instruction. I appreciate the new tools I can use to assist my officers
- Great instructor. Very knowledgeable
- Well prepared
- In tune with SOF mindset
- Great presentation
- Great use of knowledge in this field
- The instructor knew the material very well and was engaging
- I thought Dr. Alice Atalanta did a fantastic job with her research and instruction
- The instructor provided a good presentation and was easy to relate to. She knew her audience
- AWESOME / ENGAGING WITH PERSONAL STORIES AND INTERVIEWS WITH HIGH LEVEL MILITARY PERSONNEL
- Plenty of material. Prepared all before sensitive topics
- Very nice and knowledgeable
- The instructor was engaging and lively. Made sensitive topics more engaging
- Satisfied overall. Good speaker
- Very. Good.
- Awesome presentation and class
- Professional, good presentation, personable
- Very enthusiastic; it's obvious you're very passionate about the subject
- She was very engaging & presented the material in a manner that was easy to follow
- KNOWLEDGEABLE. ABLE TO ARTICULATE CONCEPTS AND SPEAK IN PLAIN ENGLISH
- Well-organized and thought out
- Very positive instruction
- -Knowledgeable -Lively -Passion about topics
- Very good speaker, easy to listen to. Easy to tell she is passionate about her career
- HIGHLY ENGAGING. I BELIEVE YOU ARE LEGITIMATELY CONCERNED ABOUT THE WELL-BEING OF LAW ENFORCEMENT
- Good speaker, knowledgeable. Good subject matter
- She was very energetic and clearly believes in the message she was presenting

- Well versed. Good speaker
- Very knowledgeable. She explained everything in great detail
- Upbeat. Knowledgeable
- Very well versed in the topic and good enthusiasm when presenting
- Dr. Atalanta was to the point, no bullshit. Very knowledgeable in the topic & I respect that she wants to learn more about LE
- Energetic, relatable
- Great! Engaging
- Passionate about the subject. Excellent presentation
- Excellent. Very enthusiastic
- VERY KNOWLEDGEABLE & A GREAT PUBLIC SPEAKER
- Good energy, very empathetic
- Captivating and passionate
- Was very knowledgeable. Tried to connect
- Informative. Portrayed the message well
- Excellent job
- The instructor did an outstanding job on showing the impact people had or experiences in Special Forces
- Very good, engaging, interesting
- It was good to hear about her stories and how she can relate to ours
- Interesting & intriguing
- GREAT CLASS, LOVE HOW INTERACTIVE INSTRUCTOR WAS
- THANK YOU, KEEP DOING THIS!
- ALICE, YOU WERE AMAZING, INTERACTIVE, EHTHUSIASTIC AND MADE THE DAY EASY
- Did very good job
- Professional



### **3. Would you recommend this course to other police officers/departments? If so, why?**

- Yes. This course instilled a sense of pride
- YES. IT IS AN IMPORTANT TOPIC TO NORMALIZE THE PHYSICAL & MENTAL IMPACTS OF WHAT WE DO & DEAL WITH.
- Yes. It is something we all need to hear
- Yes. It is informative
- ABSOLUTELY. HIGH QUALITY TRAINING.
- Yes. Police officers' knowledge regarding resiliency is very important
- Yes. Everyone should hear it
- Yes. Very relatable
- Yes. Great to see how warriors handled stressful situations
- YES. THIS IS A TOPIC THAT MUST BE MANDATORY TO AVOID TABOOS
- Yes.
- Yes, because it gives a good insight and reminder
- Yes, because while the stigma has gone down, it hasn't gone away
- I WOULD RECOMMEND THIS TO ALL LEO. NO ONE IS ABOVE ANY OF THE TOPICS AND EVERYONE CAN RELATE
- YES. GREAT REMINDER OF OUR WORK AND WHY WE DO WHAT WE DO. HUMBLING.
- Yes I would, it was very interesting
- Yes, I believe it would be good for all LE
- Yes.
- Yes.
- Yes. THESE SUBJECTS AREN'T TALKED ABOUT ENOUGH, AND IT'S GOOD TO KNOW WE ARE SUPPORTED BY MORE THAN JUST EACH OTHER
- Yes. Most places are cynical
- YES—BUT ALSO AT ACADEMIES TO ENCOURAGE NEW PEOPLE COMING INTO THE PROFESSION
- Yes, because LEOs need to see that others go through the same issues they do
- ABSOLUTELY. MORE TRAINING EQUALS BETTER COPS
- Yes. The course was very well-presented and useful

- YES. HITS SPOTS THAT PEOPLE DON'T TEND TO LIKE TO TALK ABOUT
- Yes. It is very applicable to our career
- HIGHLY—explains the warrior mindset
- YES. IT'S MOTIVATIONAL, IT WILL HOPEFULLY OPEN THE EYES OF MEMBERS OF OUR PROFESSION REGARDING MENTAL STRUGGLES AND REMOVE THE STIGMA
- Yes. It covers many areas that affect Law Enforcement
- Yes. Valuable content
- Yes. The mental health portion and officer safety means a lot
- Yes.
- 100%. THE MENTAL HEALTH ASPECT IS GROWING AND MORE TRAINING ON THIS TOPIC SHOULD BE SEEN
- YES. TACKLES DIFFICULT ISSUES NO ONE WANTS TO TALK ABOUT
- YES. MATERIAL WAS INTRIGUING, RELATABLE, USABLE
- Yes. Applicable & helpful
- Yes
- Yes, very knowledgeable
- Yes.
- 100%. THE REASSURANCE IN THE WAY WE HANDLE OURSELVES WITH ALL THIS STRESS IS VERY HELPFUL TO THE PEOPLE THAT ARE GENUINELY GOOD & JUST NEED A REMINDER
- Yes. Could be helpful tools for all officers
- YES. I BELIEVE IT BRINGS CERTAIN ISSUES TO LIGHT THAT OFFICERS MAY NOT NOTICE OR REALIZE ARE AN ISSUE
- Yes. Beneficial.
- YES. WOULD HIGHLY RECOMMEND TO OTHER PD
- Absolutely
- Yes, because it is inspiring
- I would. I like the stories and that you spoke with the SOF operators
- Yes, because some people need a kick in the ass
- Absolutely!
- I would. ABLE/ICAT was too much, too fast
- YES. IT LETS YOU HEAL FROM OTHER EXPERIENCES
- Yes, stress training importance



#### **4. What were your key takeaways from SOFxLE? Any areas you now plan to work on?**

- Continue with my training outside of work
- Being able to share what goes on with my family and to better myself physically
- Breathing
- THERE IS NOT ENOUGH ROOM ON THE PAPER. EXCELLENT TRAINING
- Resiliency itself
- BJJ!
- Positive habits & family life impact career
- Work / family balance
- MAKE COMMUNICATION IN OUR COMMUNITY / GROUP NORMAL & ENCOURAGED
- Key take away for me was the balance of sympathetic and parasympathetic system
- You're never alone and teamwork is key
- Be more focused on the effects of at home life as a result of my job
- WE ALL GO THROUGH TRAUMA. THERE ARE POSITIVE WAYS TO PREPARE YOURSELF FOR IT BEFORE IT HAPPENES & AFTER. I PLAN ON READING SOME OF THE BOOKS / MATERIAL
- Hard times will come, but they last only if you allow it...
- Train BJJ and work on recovery
- All of them
- HOW TO DEAL WITH THE PRESSURES THAT LAW ENFORCEMENT ADDS TO MY DAILY LIFE. I TOOK AWAY SOME WAYS TO BALANCE MY LIFE OUT BY DEALING WITH THE VARIOUS PRESSURES
- Speak up, for yourself and others
- Working on your physical & mental health & well being is important. I already implement some of that
- Staying active and spending more time reading and making time for my family and hobbies
- WE HAVE OUR LEADERSHIP BEHIND US TO ALLOW THIS TRAINING. I PLAN TO WORK ON RELEASING STRESS WHICHEVER WAY MY BODY DECIDES TO REGARDLESS OF STIGMA
- That respect is mutual from the SOF community
- Key takeaway is to prepare yourself before work begins

- PREPARE YOURSELF FOR THE AFTERMATH OF AN EVENT LONG BEFORE
- You can always learn and build upon knowledge that you have already obtained
- IF NOT ME, THEN WHO?
- Mental health on and off the job. If you are not right you can not help others.
- Resiliency
- Don't ever give up. Don't be a pussy
- "THIS IS THE DAY"—GET UP AND START, DO IT.
- Handle stress the appropriate ways
- Command presence and becoming a warrior
- Reading some of the resources you presented
- Mental health in co-workers and more aware of how to assist others
- Talk out problems. Stay in the fight
- MANAGING THE HIGHS AT WORK AND THE PERCEIVED LOWS AT HOME
- The science of adrenaline rush and methods to overcome/deal with it
- Continue to work on self and others
- THE ABILITY TO NOT FILL UP WITH ALL THE BAD EVENTS. MOVE ON
- That I know how to deal with my stress and PTSI but needed to be reminded that what I do to relieve that is proper. Thank You!
- Mental health & physical preparedness
- I plan to work on the area outside of work/life balance
- Health awareness before it becomes an issue
- Left of bang
- THE MENTAL BREAKS, TECHNIQUES. DEF PLAN ON ROLLING WITH MY BUDDY NOW
- To keep pushing during bad times
- Health importance on the job
- Being more disciplined
- YOU ARE NOT ALONE IN WHAT YOU ARE GOING THROUGH
- Everyone needs to deal with stress in their own way and what works
- Visualization