



SOFXLE OFFICER RESILIENCE TRAINING

w/ Dr. Alice Atalanta, Ph.D.

*Mindset, Resilience, and Elite Performance...
from America's Tier-1 Operators to your department*

WHAT IS SOFXLE ?

A Letter From the Founder

SOFXLE was built on a simple observation:

The world's most elite performers - whether Special Operations Forces or Olympians - are trained to operate under extreme pressure.

Their edge is not talent. It is mental architecture, but that level of training is not widely accessible.

SOFXLE exists to change that.

We translate elite performance frameworks into practical systems for leaders, athletes, and high performers.

This is not about pushing harder.

It is about precision—**regulating your mind, making clear decisions under pressure, and sustaining performance without sacrificing well-being.**

Because high performers are taught how to push—but not how to sustain. SOFXLE fills that gap.

We train resilience as a skill.

We build performance as a system.

We align strength with stability.

This is SOFXLE.

A different standard for how we prepare people to perform.



**DR. ALICE
ATALANTA, PH.D.**

*Leading Scholar and Trusted Collaborator in
the Special Operations Field*

Founder, SOFXLE

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OUR TRAINING: FULL DAY



FULL DAY

Our full day session covers “Left of Bang Wellness” and starts by asking: Who do you want to show up as on the toughest day of your career?

We explore the intangibles of elite performance (physical, mental, personal, emotional, philosophical) and construct the roadmap for a wellness and resilience practice that touches every corner of your officers’ lives.

SNEAK PREVIEW:

Dr. Alice Atalanta, Ph.D.

My Goal:

To give you free, flexible, and adaptable tools from Special Operations that will make you safer and more effective in your Law Enforcement profession.

TACTICAL (PHYSICAL) TOOLS <ul style="list-style-type: none">- NO FAIL MISSION- TACTICAL ATHLETE- MMA (BJJ)- MASTERY OF FUNDAMENTALS	PURPOSE <ul style="list-style-type: none">- PASSION- PROFESSIONALISM	PERSONAL TOOLS	MENTAL TOOLS <ul style="list-style-type: none">- STRESS INOCULATION- FIGHT OR FLIGHT- ADRENALINE & PERFORMANCE- VISUALIZATION
EMOTIONAL TOOLS <ul style="list-style-type: none">- SELF-CARE- RELATIONSHIP CARE- MORAL INJURY AWARENESS- RESILIENCE			PHILOSOPHICAL TOOLS <ul style="list-style-type: none">- WARRIOR / GUARDIAN CULTURE- SOF MINDSET- TEAM ETHOS- HAIT'S MORAL FOUNDATIONS THEORY

SOFXLE

OUR TRAINING: HALF-DAY



HALF-DAY SEMINAR

The half day session covers the full spectrum of “Left of Bang Wellness” in an abbreviated format that is tailored to your department’s specific training objectives and areas of emphasis, with a focus on boosting performance from “good” to “great.”

SNEAK PREVIEW:

ATALANTA

SOFXLE
Special Operations Resilience Solutions
For Modern Law Enforcement Professionals

CATO
California Association of Tactical Officers
2025 Conference

**TIER-1
PERFORMANCE
FOR TACTICAL
ATHLETES -
THE MENTAL GAME**

Dr. Alice Atalanta, Ph.D.
CEO & Founder, SOFXLE and Atalanta Leadership Forge
USA Field Hockey Women's National Team Consultant

ATALANTA

TODAY'S AGENDA:

- 1.** THE TOTAL TACTICAL ATHLETE: VALUES, BELIEFS, + ACTIONS
- 2.** TRAINING THE TACTICAL ATHLETE: GAINING + MAINTAINING THE MENTAL EDGE
- 3.** MISSION EXECUTION: CONTROLLING THE CONTROLLABLES
- 4.** WARRIOR LEADERSHIP ESSENTIALS: NON-NEGOTIABLES

ATALANTA

USA

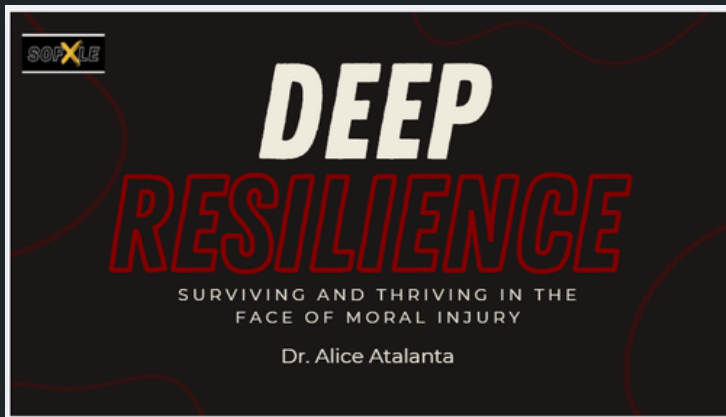
TIER-1 PRINCIPLES:
"LESSONS WRITTEN IN BLOOD" REGARDING WHAT WORKS (+ WHAT DOESN'T) IN SITUATIONS THAT ARE:

- HIGH STRESS
- HIGH PHYSICAL LOAD
- HIGH COGNITIVE LOAD
- HIGH ADRENALINE
- HIGH EMOTION
- HIGH STAKES

MINI SESSIONS

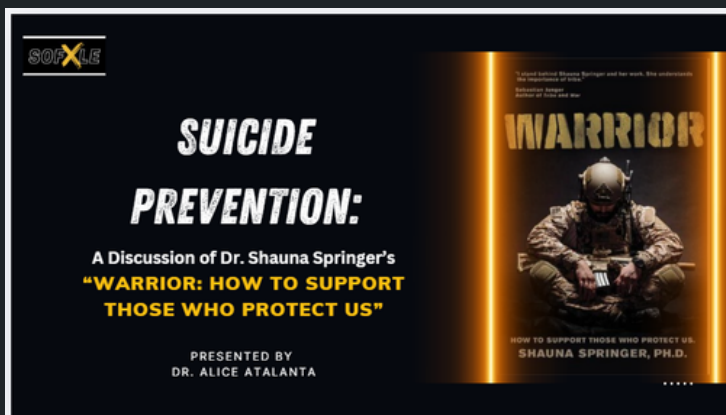
1.5 HR MINI SESSIONS

Not every department has the time, manpower, or funds to arrange full or half day trainings. For this reason, I created these seminars as an opportunity to address targeted topics when time is limited.



DEEP RESILIENCE

How can officers survive – and even thrive – in the face of moral injury? This fresh perspective on post-traumatic stress gives officers updated tools for managing the experiences, thoughts, and emotions that often get swept under the rug in the name of being “tough.”



SUICIDE PREVENTION

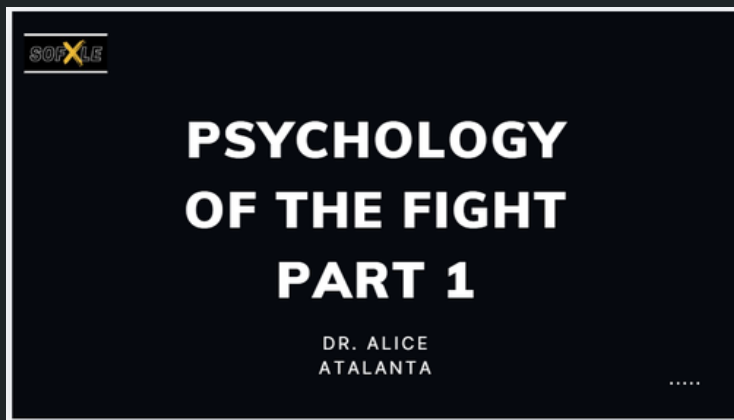
Dr. Shauna Springer has devoted her career to unlocking the mystery of the MIL/LE suicide epidemic. Take a deep dive into her scholarship on suicide prevention, with specific strategies tailored to the unique psychology of MIL/LE.

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MINI SESSION TOPICS

1.5 HR MINI SESSIONS

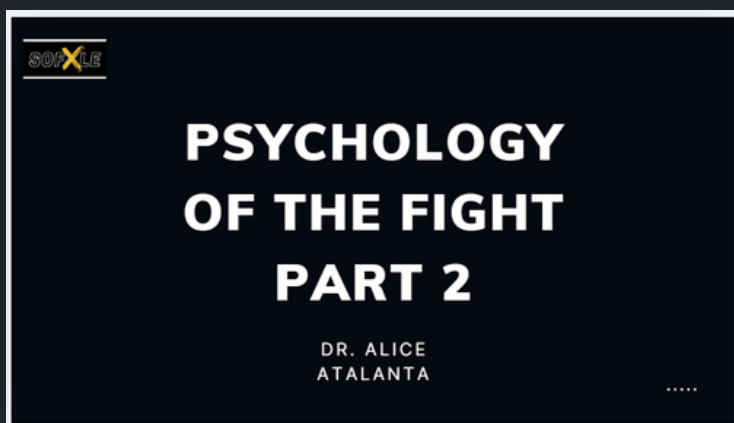
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PSYCHOLOGY OF THE FIGHT, PT. 1

There's no way around it: violence is part of the LE profession. Officers train their bodies and tactical skillset for it; this presentation trains the mind.

In Part 1, learn about: The Ambush & the OODA Loop, The Dangers of Presumed Compliance, Cognitive Dissonance, Internal Monologue, and Self-Talk.



PSYCHOLOGY OF THE FIGHT, PT. 2

In Part 2, we focus on "Fighting Your Fight" by focusing on 3 additional key areas:

- Hard truths about real-world violence
- Social aggression vs. asocial violence
- How to win a fight for your life (the mental piece)

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MINI SESSION TOPICS

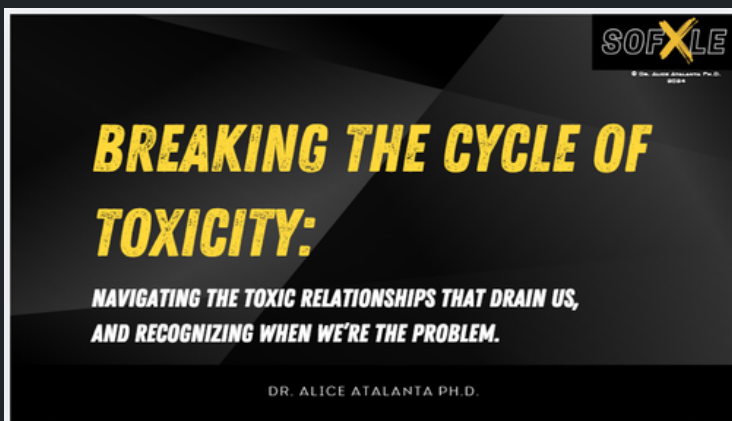
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HIGH PERFORMANCE HABITS

If you walk into this presentation with a goal in mind, you'll walk out with a clear roadmap and game plan for how to make your vision into a reality. This class is a great motivational workshop and a crowd favorite.



BREAKING THE CYCLE OF TOXICITY

Nothing drags a team down faster than workplace toxicity. In this presentation, officers learn:

- How to recognize toxic behavior
- Identifying the "9 Toxic Types"
- Defusing toxic people

This talk is a perfect conversation-starter for departments currently grappling with interpersonal issues.



PERSONAL GROWTH ON THE JOB

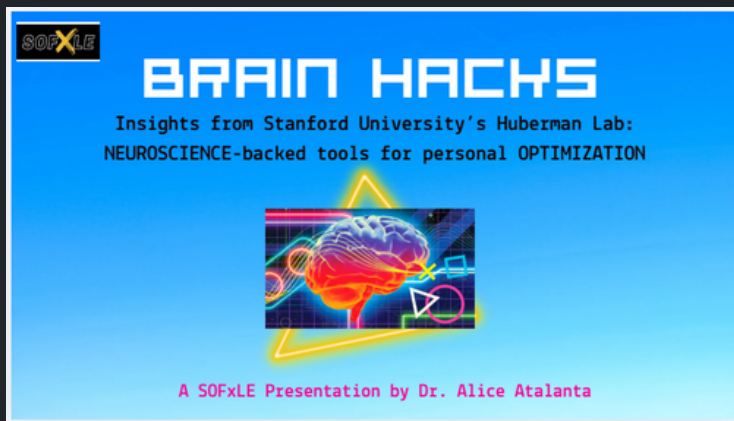
Is work just a place you drag yourself to and survive, day after day? Or can it be a place to springboard personal growth, satisfaction, and fulfillment? This talk is beneficial for helping officers take an active role in their professional and career development.

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MINI SESSION TOPICS

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BRAIN HACKS

In this fun, 80's themed presentation, officers learn clever, easy tricks for boosting performance that are backed in the latest research from Stanford University's Huberman Lab.



PHILOSOPHY FOR PHDS WHO CAN WIN A BAR FIGHT

Doc Atalanta built this presentation specifically for the Green Berets, affectionately known as "PhDs who can win a bar fight." This is a great, deeper talk for leadership or high performing teams who seek meaning and a fresh perspective on the life cycle of growth, performance, aging, and retirement.



LEARN MORE

STEP 1: GET IN TOUCH!

See something that looks like a fit for you?

Reach out to Dr. Atalanta at (917) 539-0729 or AliceAtalanta@gmail.com

STEP 2: CONSULTATION

Schedule a free hour-long consultation with Dr. Atalanta for a complete needs analysis of your department's needs, objectives, and goals.

STEP 3: CUSTOMIZED PROGRAM

Whether a single presentation, seminar series, or ongoing coaching relationship, we will customize a solution that reinforces your department's resiliency exactly where it is needed!



DR. ALICE ATALANTA, PH.D.

Founder, SOFXLE

www.SOFXLE.COM

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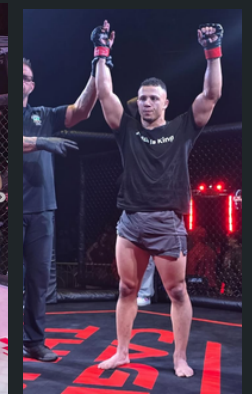
AliceAtalanta@gmail.com

Dr. Atalanta has spent over a decade working closely with members of the Special Operations community, as well as athletes and coaches at the professional and Olympic levels. She specializes in performance psychology and elite performance in high-stakes scenarios.

ADDITIONAL SERVICES

EXPERT TRAINING

Dr. Atalanta can further enhance your department's mission readiness by coordinating discounted combatives, MMA, boxing, Muay Thai, BJJ, and catch wrestling training through Revolution Fight & Fitness, one of Ohio's top MMA gyms.



WOMEN'S WORKSHOPS

A warrior mindset consultant with the USA Field Hockey Women's National Team and Coaches, Dr. Atalanta offers a broad variety of women's specific services.

Visit WWW.ATALANTALEADERSHIP.com to learn more.



KEYNOTE SPEAKERS

Dr. Atalanta can help your department book a presentation/keynote by any of these Special Operations leaders:



- Kyle Morgan (Delta Force) - CEO, Blu Bearing Solutions
- Johnny Walker (SEAL) - Author, Code Name Johnny Walker
- Jason Tuschen (SEAL) - Command Master Chief & ST6 Operator
- Mark Spicer - Author, expert sniper
- Ryan Hendrickson (Green Beret) - Author, IED survivor