

# TRAINING CATALOG 2026



# MEET OUR FOUNDER



## DR. OLIVIA JOHNSON

Dr. Olivia Johnson is a nationally recognized expert in first responder wellness, suicide inoculation, and organizational health. She holds a master's degree in criminology and criminal justice from the University of Missouri-St. Louis and a doctorate in Organizational Leadership Management from the University of Phoenix. She is a nationally certified Medicolegal Death Investigator and is certified in Law Enforcement Psychological Autopsy by the American Association of Suicidology.

A U.S. Air Force veteran, former police officer, and suicidology researcher, Dr. Johnson is the founder of the Blue Wall Institute, Shepherds and Sheepdog, and Cop2Corporate. She provides leadership training, organizational assessments, and strategic consulting to public safety agencies nationwide and has held senior advisory and instructional roles with VALOR, SAFLEO, and the Institute for Intergovernmental Research. Her work includes the development of one of the nation's first databases tracking police and corrections officer suicide, murder-suicide, and drug overdose deaths.



## COURSE DELIVERY

- Courses available in 2, 4, and 8-hour formats
- Extended formats available for select programs
- POST certified where applicable
- Custom courses available upon request



## WHO SHOULD ATTEND

- Law Enforcement Officers
- First Responders
- Supervisors & Command Staff
- Corrections Professionals
- Dispatchers/Tele-Communicators
- Peer Support Teams
- Clinical and medical personnel
- Clergy and Faith Leaders
- First Responder Families
- Recruits/Cadets
- Community Members





## TESTIMONIALS



*"She bridges diverse perspectives with clarity and compassion, transforming complex topics into meaningful, actionable dialogue."*



*"The instructor is outstanding! Every department, from upper command to the cop on the street, needs this training."*



## THE FATAL 10™ TRAINING SERIES (TOP REQUESTED)

**The Fatal 10™** Training Series delivers a powerful, eye-opening look at suicide risk across diverse professions—from first responders and healthcare providers to attorneys, clergy, and construction workers. While suicide is never caused by a single factor, every case shares common factors that often intersect with occupational stress. This series breaks down the unique pressures of each profession and provides practical tools to predict and identify risk early, enabling effective intervention that may prevent the crisis altogether.



*"Dr. Olivia Johnson is the only one in the country who brings this level of data to the table and presents such a complex subject in a way that is clear, accessible, and easily understood by all. Her FATAL 10™ research has transformed how we support individuals in crisis and has saved more lives than in any previous year of operation. Because of her work, people are alive today who otherwise would not be, and that is the truest measure of success."*

# LAW ENFORCEMENT/ OFFICER SUICIDE



**[Missouri POST  
Certified | 8 Hours]**

This course explores how cumulative trauma, hypervigilance, public scrutiny, and organizational stress place officers at elevated risk. Participants examine how cultural norms around toughness and emotional suppression contribute to isolation and burnout. The training provides practical tools to recognize warning signs, strengthen peer support, and promote proactive intervention that saves lives.



*"Blunt and realistic training that doesn't sugarcoat anything, talks about real-life issues that are important."*



## CORRECTIONAL OFFICER SUICIDE

**[Missouri POST  
Certified | 8 Hours]**

This course addresses the unique pressures of working in controlled, high-stress environments where constant vigilance and exposure to violence are routine. Participants explore how shift work, understaffing, moral injury, and limited public recognition impact mental health. The training equips professionals with strategies to identify risk early, build resilience, and foster a culture of support within correctional institutions.



*“Dr. Johnson was very clear and precise. She was also funny!”*

## **PHYSICIANS AND HEALTHCARE PERSONNEL [2, 4, AND 8-HOUR FORMAT]**

This course examines how burnout, moral injury, perfectionism, and relentless performance expectations place physicians at elevated risk. Participants explore how stigma around seeking help and the pressure to appear invulnerable contribute to isolation. The training provides practical strategies to recognize warning signs and foster healthier workplace cultures that support longevity and wellness



## **CONSTRUCTION & EXTRACTION WORKERS**

### **[2, 4, AND 8-HOUR FORMAT]**

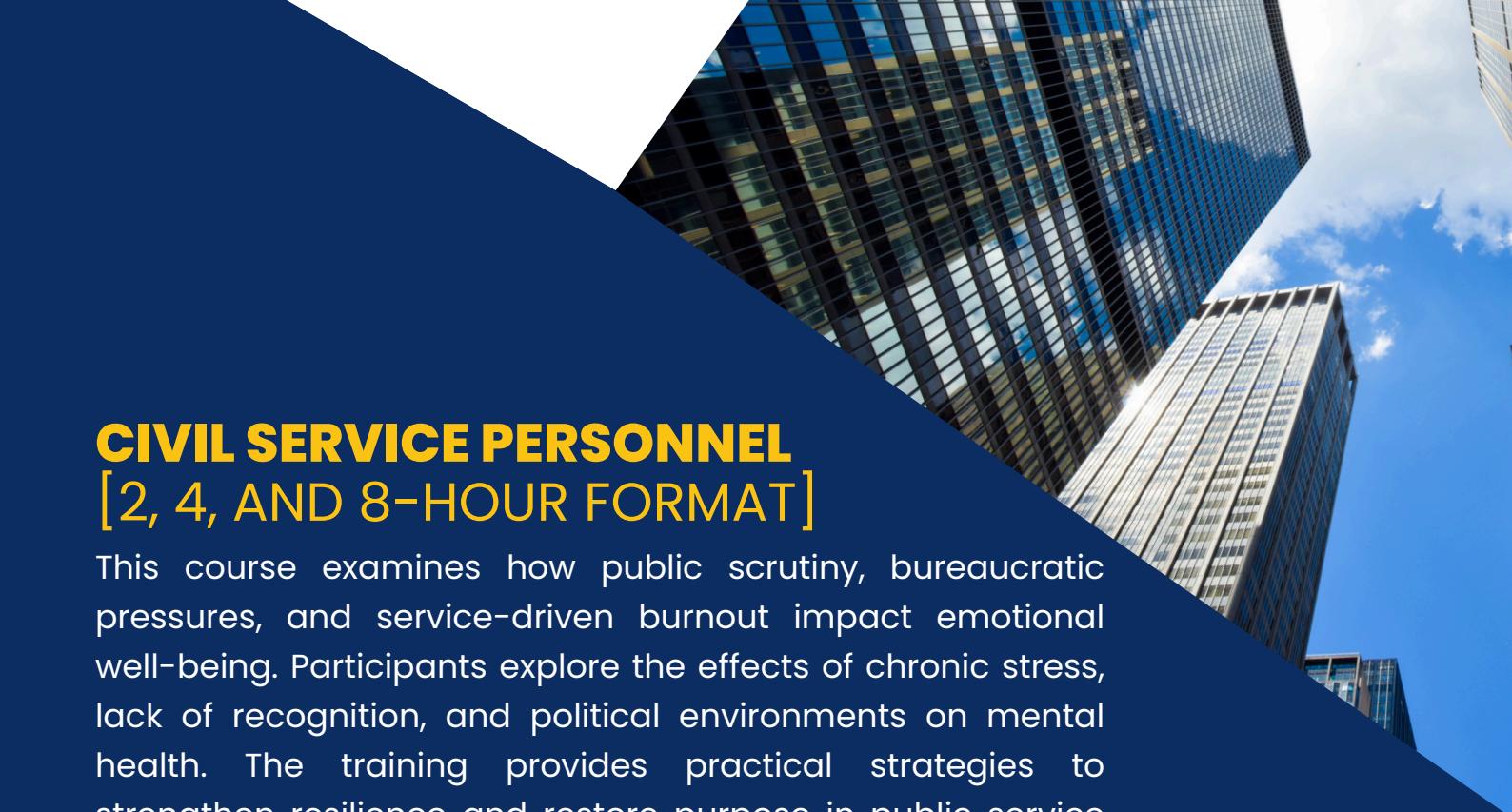
This course addresses the physical demands, high-risk environments, and job instability that impact mental health in these industries. Participants examine how injury, financial stress, substance use, and a culture of "toughing it out" increase vulnerability. The training equips teams with tools to identify risk early and promote peer support on and off the job.

## **EMERGENCY MEDICAL TECHNICIANS (EMT)/PARAMEDICS**

### **[2, 4, AND 8-HOUR FORMAT]**

This course explores cumulative trauma, shift work, compassion fatigue, and exposure to human suffering that place EMTs at high risk. Participants learn how operational stress, sleep disruption, and emotional suppression impact mental health. The training emphasizes early intervention, resilience-building, and peer support to sustain a long-term career.





## **CIVIL SERVICE PERSONNEL** [2, 4, AND 8-HOUR FORMAT]

This course examines how public scrutiny, bureaucratic pressures, and service-driven burnout impact emotional well-being. Participants explore the effects of chronic stress, lack of recognition, and political environments on mental health. The training provides practical strategies to strengthen resilience and restore purpose in public service roles.

## **CORPORATE AMERICA** [2, 4, AND 8-HOUR FORMAT]

This course uncovers how high-performance demands, constant connectivity, and workplace competition fuel stress and burnout. Participants explore how imposter syndrome, job insecurity, and work-life imbalance increase vulnerability. The training equips leaders and teams with tools to recognize risk and build healthier organizational cultures.

## **CLERGY & FAITH LEADERS** [2, 4, AND 8-HOUR FORMAT]

This course explores how spiritual responsibility, emotional labor, isolation, and the pressure to always “be strong” place faith leaders at increased risk. Participants examine how compassion fatigue, moral injury, and blurred boundaries between personal and professional life impact mental health. The training provides practical tools to recognize warning signs, encourage help-seeking, and restore balance in a role dedicated to serving others.



## **LAWYERS & LEGAL PERSONNEL** [2, 4, AND 8-HOUR FORMAT]

This course explores how systemic pressures, cultural expectations, and personal vulnerabilities intersect to create a profession that is both high-achieving and high-risk. This course goes beyond awareness, equipping participants with insights and strategies focused on survival, reform, and the restoration of humanity within the legal profession.





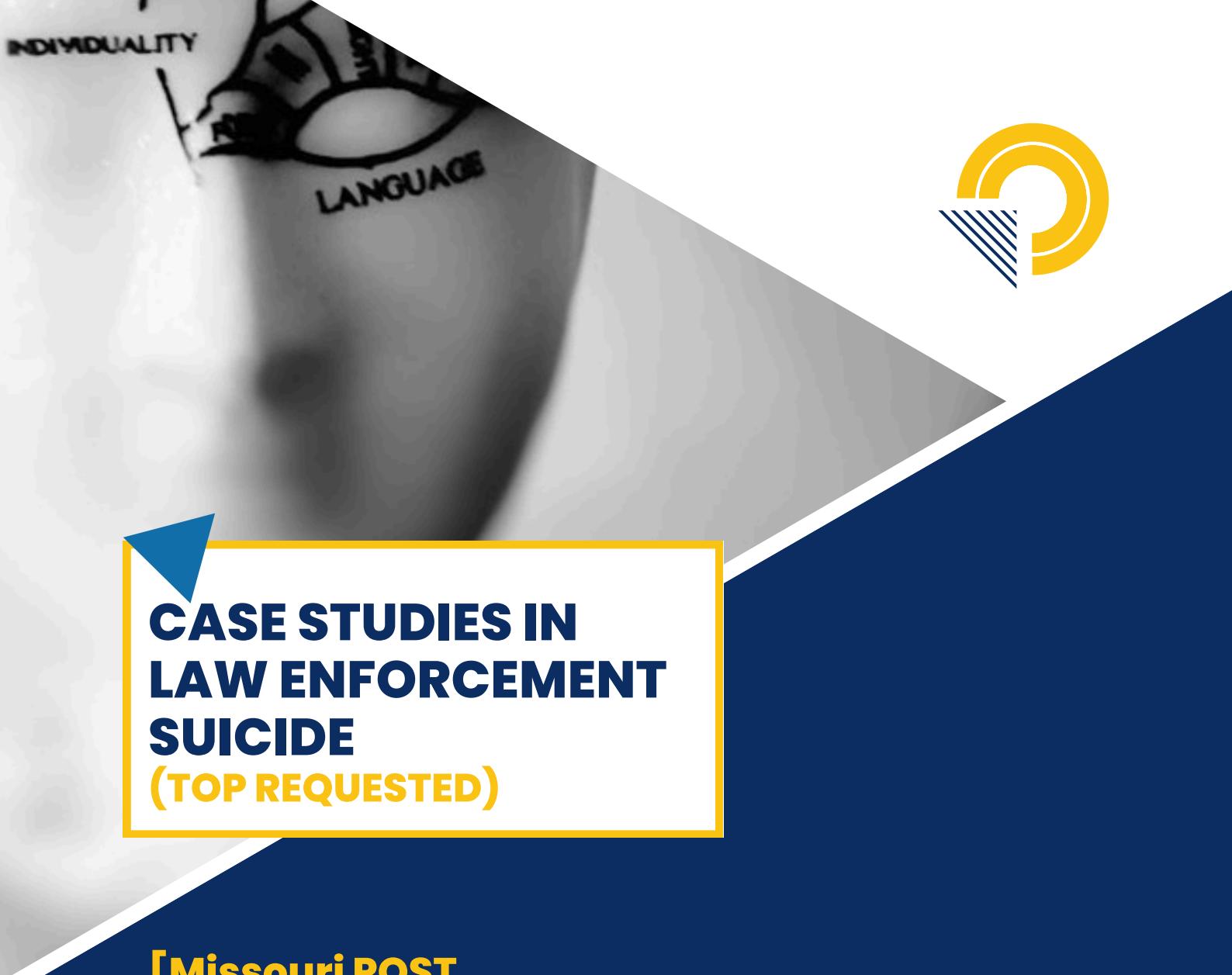
## **POLICE SUICIDE: YOU DON'T HAVE THE RIGHT TO REMAIN SILENT**

### **[Missouri POST Certified | 8 Hours]**

This course emphasizes our responsibility to act when we observe problematic behaviors linked to adverse outcomes and suicide. It directly confronts the long-standing taboo surrounding suicide and replaces silence with knowledge and action. Participants gain practical tools, resources, and awareness strategies to recognize warning signs, understand contributing factors, and intervene effectively, often before a crisis ever develops



*"She made an uncomfortable topic comfortable."*



## CASE STUDIES IN LAW ENFORCEMENT SUICIDE (TOP REQUESTED)

[Missouri POST  
Certified | 8 Hours]

This in-depth course trains participants in conducting psychological autopsies following a death by suicide. Attendees learn to reconstruct behavioral, emotional, and environmental factors preceding death to support agency learning, family understanding, and future prevention efforts. The course builds advanced investigative, documentation, and analytical skills essential for meaningful postvention and prevention.



*"It was thought-provoking, allowed for self-reflection, easily relatable, and engaging."*



*"Very knowledgeable instructor who is passionate about the content."*

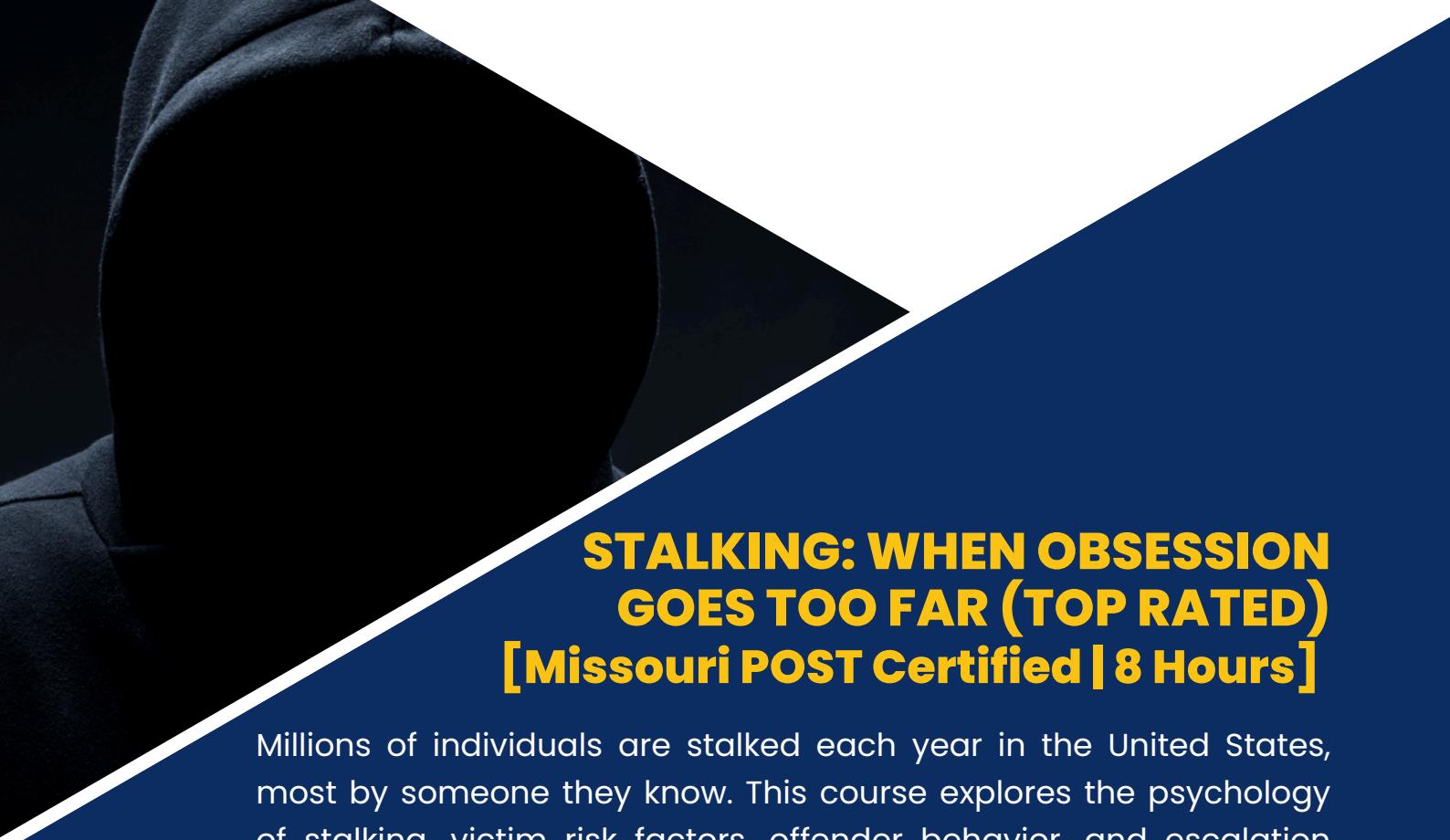


## **METAPHORICAL NECROPSY OF THE SACRED COW OF SUICIDE PREVENTION**

This course challenges traditional approaches to suicide prevention by examining what has and has not worked through a metaphorical "necropsy" of past practices. Participants will explore systemic gaps, cultural barriers, and missed opportunities that continue to impact prevention efforts. Through evidence-based discussion and real-world application, this training introduces a new paradigm focused on accountability, early intervention, and sustainable change. Attendees will leave equipped with a deeper understanding of risk factors and actionable strategies to save lives before crisis occurs.

## **A GLOBAL INITIATIVE TO ERADICATE SUICIDE BY 2035**

This full-day training presents a transformational framework designed to make suicide unthinkable through inoculation, emotional immunity, and antifragility. Participants will explore root causes, systemic barriers, and innovative solutions while developing actionable strategies for individual, organizational, and community change. This course shifts the paradigm from crisis response to proactive inoculation and global collaboration.



## **STALKING: WHEN OBSESSION GOES TOO FAR (TOP RATED) [Missouri POST Certified | 8 Hours]**

Millions of individuals are stalked each year in the United States, most by someone they know. This course explores the psychology of stalking, victim risk factors, offender behavior, and escalation patterns while emphasizing law enforcement's critical role in intervention and victim empowerment. Appropriate for law enforcement, educators, parents, and community professionals.

## **DETOXIFYING WORKPLACE TOXICITY: OWNING YOUR PART OF A HEALTHY ORGANIZATION**

This dynamic course empowers organizations to confront workplace toxicity without blame or shame—because this is not an attack on leaders or workplaces, but a pathway to growth, healing, and transformation. Using The Fatal 10™ framework, participants will explore how everyday stressors, systemic pressures, and unintentional leadership behaviors can quietly erode morale, trust, and engagement. Through powerful insights, real-world scenarios, and practical tools, this training equips teams to recognize warning signs, strengthen communication, restore psychological safety, and build cultures rooted in accountability, respect, and resilience—turning challenges into opportunities for collective success.





## **POLICE STRESS: THE GOOD, THE BAD, AND THE UGLY** **[Missouri POST Certified | 8 Hours]**

Stress and anxiety disorders affect individuals, families, and organizations at every level. This course educates participants on stress-related conditions, warning signs, contributing factors, and treatment pathways while actively reducing stigma surrounding mental health. Left unaddressed, these disorders can result in significant personal harm, organizational liability, medical costs, lost productivity, and absenteeism.

## **SURVIVING & THRIVING BEHIND THE BADGE™** **[Missouri POST Certified | 8 Hours]**

This course addresses the critical gap between traditional officer safety training and officer wellness. Participants learn to recognize hidden dangers related to stress, anger, health, culture, and emotional exhaustion. Focused on empowerment, resilience, and awareness, this course equips first responders to remain confident, capable, and healthy—both on and off duty.



*"Dr. Johnson is a visionary, proven leader, a devoted public servant, and a staunch advocate for the well-being of her community."*

## **WELLNESS & RESILIENCE TRACK**

This track focuses on emotional health, balance, stress literacy, and long-term career



## **THE BALANCED WARRIOR: PROACTIVE OFFICER WELLNESS [Missouri POST Certified | 8 Hours]**

This highly interactive course redefines wellness through the Balanced Warrior™ framework. Participants engage in hands-on exercises, scenario-based learning, and group work addressing stress, conflict, and life pressures. Designed for officers, administrators, families, and peer support members, the course emphasizes emotional regulation, stress literacy, healthy coping strategies, and accountability. Participants leave with a personalized wellness plan. An exceptional course for Peer Support Members and Teams.

## **GETTING OFF THE EMOTIONAL X™ (TOP RATED) [Missouri POST Certified | 8 Hours]**

Coined by Dr. Olivia Johnson, Getting Off the Emotional X™ teaches participants to recognize when they are operating in a place of emotional chaos and vulnerability. By learning to identify internal and external risk factors, you can interrupt destructive cycles and regain emotional control before harm occurs. Remaining in this space becomes habitual and dangerous; this course teaches how to get off—and stay off—the Emotional X.



*"Very powerful, eye-opening presentation!"*



## **PEER SUPPORT FOR LAW ENFORCEMENT: FROM INCEPTION TO IMPLEMENTATION**

### **[Missouri POST Certified | 16 Hours]**

This course strengthens existing peer support teams or helps agencies build programs from the ground up, providing agencies with a solid foundation for success. Participants learn to identify emerging issues, assess risk, establish trust-based support structures, and refer appropriately to professional resources. The training explores the history of peer support, addresses modern agency needs, and provides essential local, state, and national resources. Based on Dr. Jack Diglian's peer support model, this program equips agencies with practical, evidence-informed strategies to support their personnel.

## **MENTORSHIP: PUTTING THE PIECES TOGETHER (TOP RATED)**

### **[Missouri POST Certified | 16 Hours]**

Designed for first responders, this course focuses on building effective mentorship programs that support onboarding, career development, organizational cohesion, and long-term retention. Participants learn to design, implement, and evaluate mentorship initiatives that strengthen both individuals and agencies while fostering professionalism, inclusion, and longevity.



*"Dynamic communicator and compelling speaker who leaves a lasting impact on every audience she engages."*

# LEADERSHIP TRACK

## SIGNATURE LEADERSHIP SERIES: SHEPHERD BY DESIGN™



### Leadership Edition

Shepherd by Design: Leadership Edition is a purpose-driven leadership course grounded in the belief that leadership is a calling—not a title. Designed for current and emerging leaders, this course equips participants to lead as shepherds: protectors, guides, and stewards of their people. Emphasizing character, accountability, ethical decision-making, and trust, the course addresses conflict management, organizational stress, and culture-building. This program is not about polishing leadership techniques—it is about transforming leaders from the inside out.



### Female Leadership

This transformative course is designed specifically for women called to lead with purpose, strength, and conviction. Shepherd by Design: Female Leadership recognizes both the unique challenges and powerful strengths women bring to leadership roles. Rooted in the shepherd leadership model, participants are empowered to lead authentically without compromising their values, voice, or vision. The course emphasizes influence, integrity, empathy, and accountability while cultivating environments where trust, resilience, and excellence can flourish.



# LEADERSHIP TRACK

## SIGNATURE LEADERSHIP SERIES: SHEPHERD BY DESIGN™



### Spiritual Leadership

Shepherd by Design: Spiritual Leadership is a faith-centered course grounded in biblical leadership principles and the shepherd model found in scripture. Participants are guided to align leadership practice with spiritual values such as compassion, integrity, wisdom, humility, and stewardship. This course challenges leaders to shepherd others not only with strength and direction, but with heart, purpose, and commitment to God's calling.



*"Her voice stands out as a force for change."*





# CORE SIGNATURE PROGRAM

## Sheepdog by Design™

This powerful course reignites purpose and pride in the profession by confronting the growing erosion of morale within law enforcement. Participants will reconnect with why they chose this calling, strengthen their professional identity, and recommit to service with renewed courage, integrity, and clarity. Designed for everyone from academy cadets to soon-to-retire professionals, this course honors every stage of the journey and reminds officers that their work still matters.

