

# Organizational and Personal Resiliency

Victims



Justice



Defendants



“If the facts are against you, argue the law. If the law is against you, argue the facts. If the law and the facts are against you, pound the table and yell like hell”

— **Carl Sandburg**

# Death

- 15,000 Year
- 42 per day
- 1.7 every hour
- Cause
- Manner
- ID of person
- Notification



# How do *you* deal with it all ?



# Secret Formula



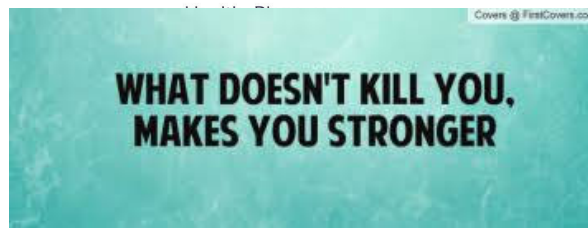
# PTSD -vs- PTG

Post Traumatic  
Stress Disorder  
1- in- 5  
Re experiencing  
events

Negative hyper  
arousal

Avoidance

The mind  
replays, what  
the heart can't  
delete.



Post Traumatic  
Growth  
4- in - 5  
Greater  
Appreciation of life

Positive hyper  
arousal

Engagement

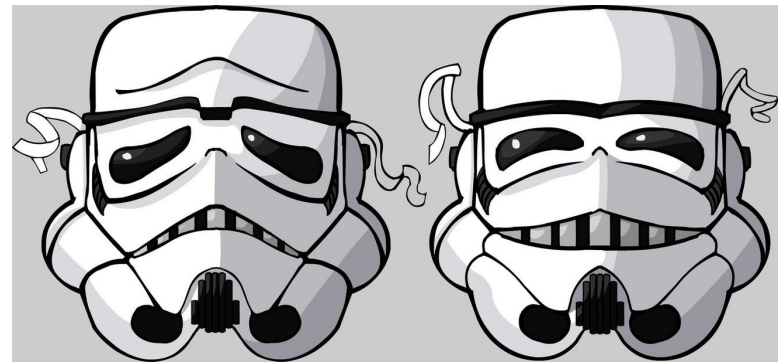


**This isn't going to stop, there is no finish line  
You set the boundaries and rules**

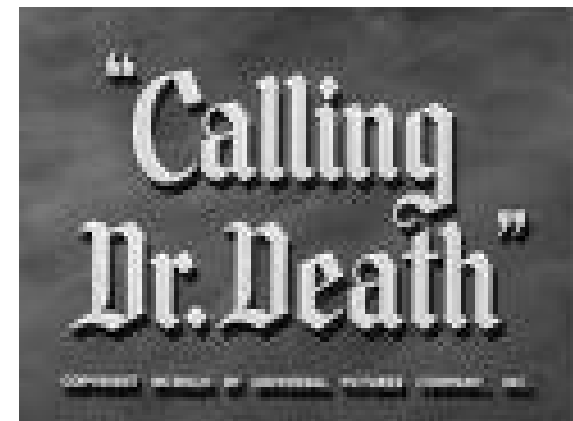
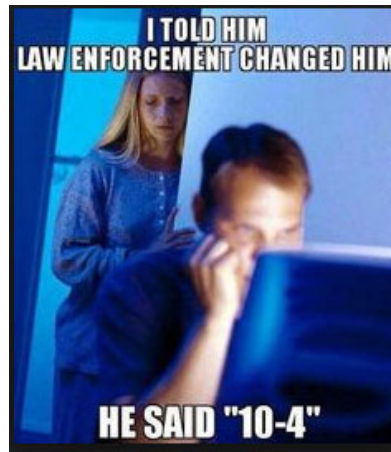


# Choices

- Change Gears
- (Happy – Sad – Happy)
- "The greatest power that a person possesses is the power to choose."
- ~ J. Martin Kohe



# Understand what we do vs Who we are





# Helping others helps YOU !



# Check Out

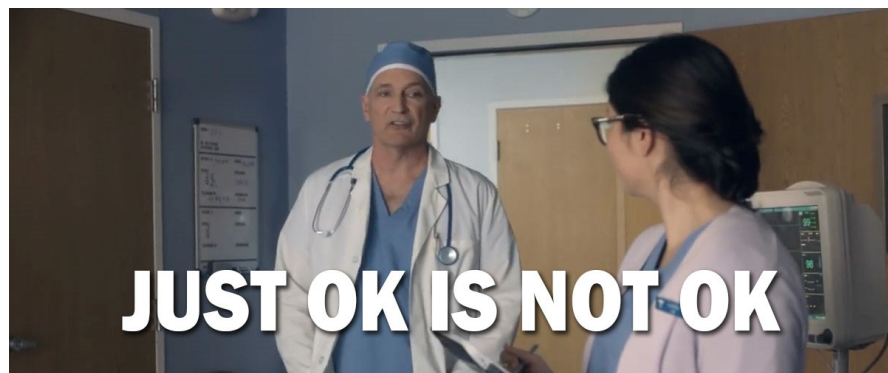


**What you do  
makes a  
Difference !**



# Victories & Progress

- Celebrate small Victories!
- Look for progress not perfection





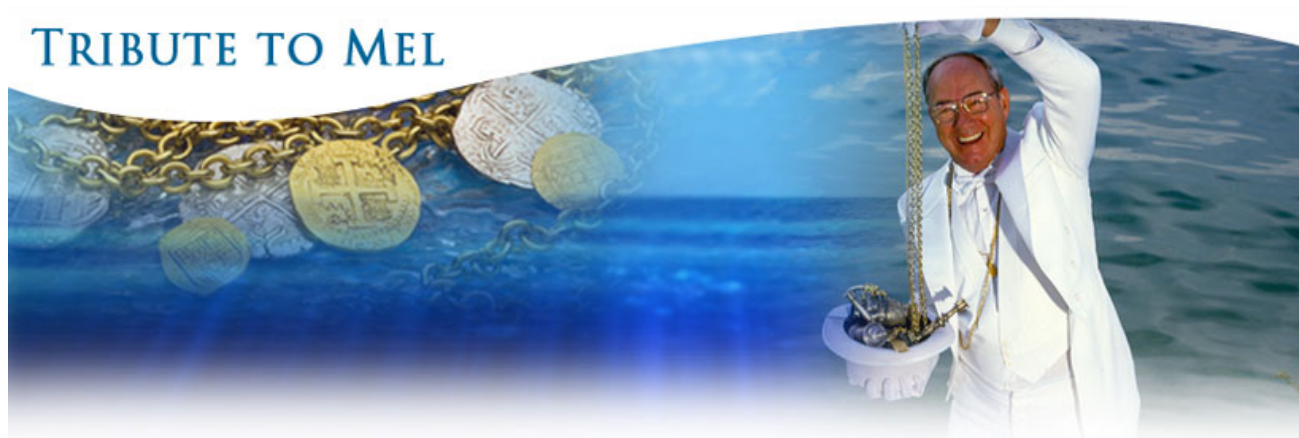
# Friends

- Take Stock –  
Verbalize !
- Write a list of good  
Include the 4 F's
  - Family
  - Faith
  - Friends
  - Fitness



**Each day is a  
new day !**

**Atocha 1622**



**Today is the Day!**

**NCJTC**

National Criminal Justice Training Center of Fox Valley Technical College

**Not how many breaths you take, but what takes your breath away...**



# Who is gassing up your tank ?

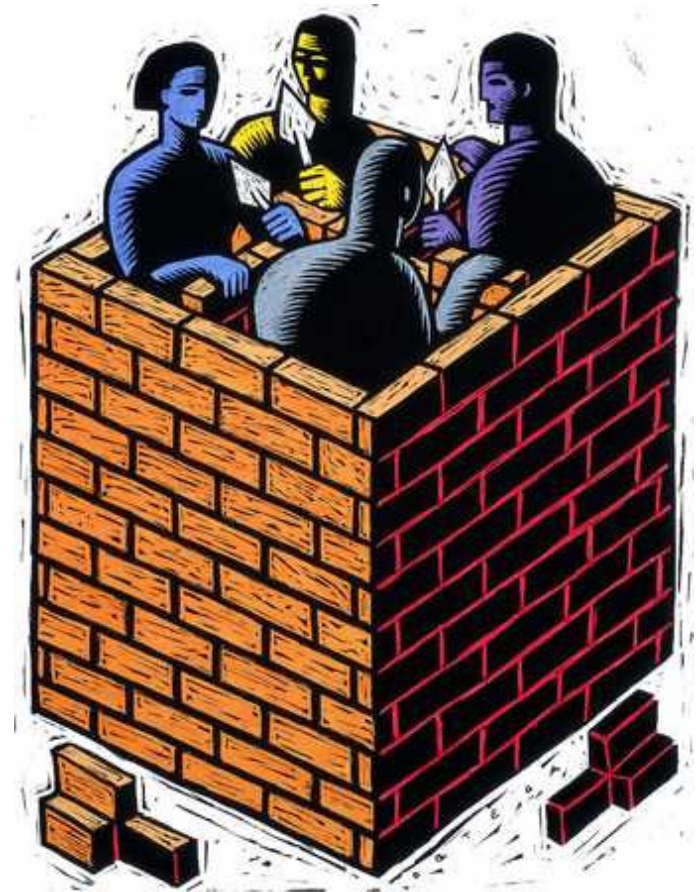
- Take care of  
YOU !
- Have Fun !

WE ARE  
HAVING  
FUN  
YET?





Okay to feel sad...



We are masters of “putting off the emotion” !  
Have code word.....

# Change

- Change is good.
- No Rain,
- No Rainbow !

Change is the  
only constant.



*"An important attribute  
in successful people is  
their impatience with  
negative thinking and  
negative-acting people."*



**Don't let**  
negative & toxic people  
rent space in your head.  
**Raise the rent &  
kick them out.**





- Set the tone
- I will!





# Faith

Do not be afraid of storms for you have learned to sail your ship.



# Friend

- Verbalize
- To a friend



# Start NOW.....



## Baby Steps



# Can you change the future?

- How many times have you self-fulfilled your destiny?



- ✓ How many times has someone failed to meet your expectations?
- ✓ Is Failure an option?
- ✓ Is Failure a stop sign?



# **“All too often people are defeated by everyday problems....” Dr. Peale**

- See yourself succeed.
- Nobody can be you, you must find what works for you (everyone has concerns and problems).
- Learn to empty the mind.
  - Breathing
  - Candle
  - Sleep



# Tips

- Exercise self-discipline
- Practice QTIP
- Practice MURF
- Do not let your career define you
- Who are the real Heroes
- Happy or sad

# Tips for supervisors

- Know your people
- Admit mistakes
- Do the right thing for the right reason
- How much do you care?
- Be fair
- Do not have others mistake kindness for weakness
- The buck stops here!
- Obtain education
- Think before you implement
- Take calculated chances
- Don't be afraid to re-think

# 5 Predicators of Success

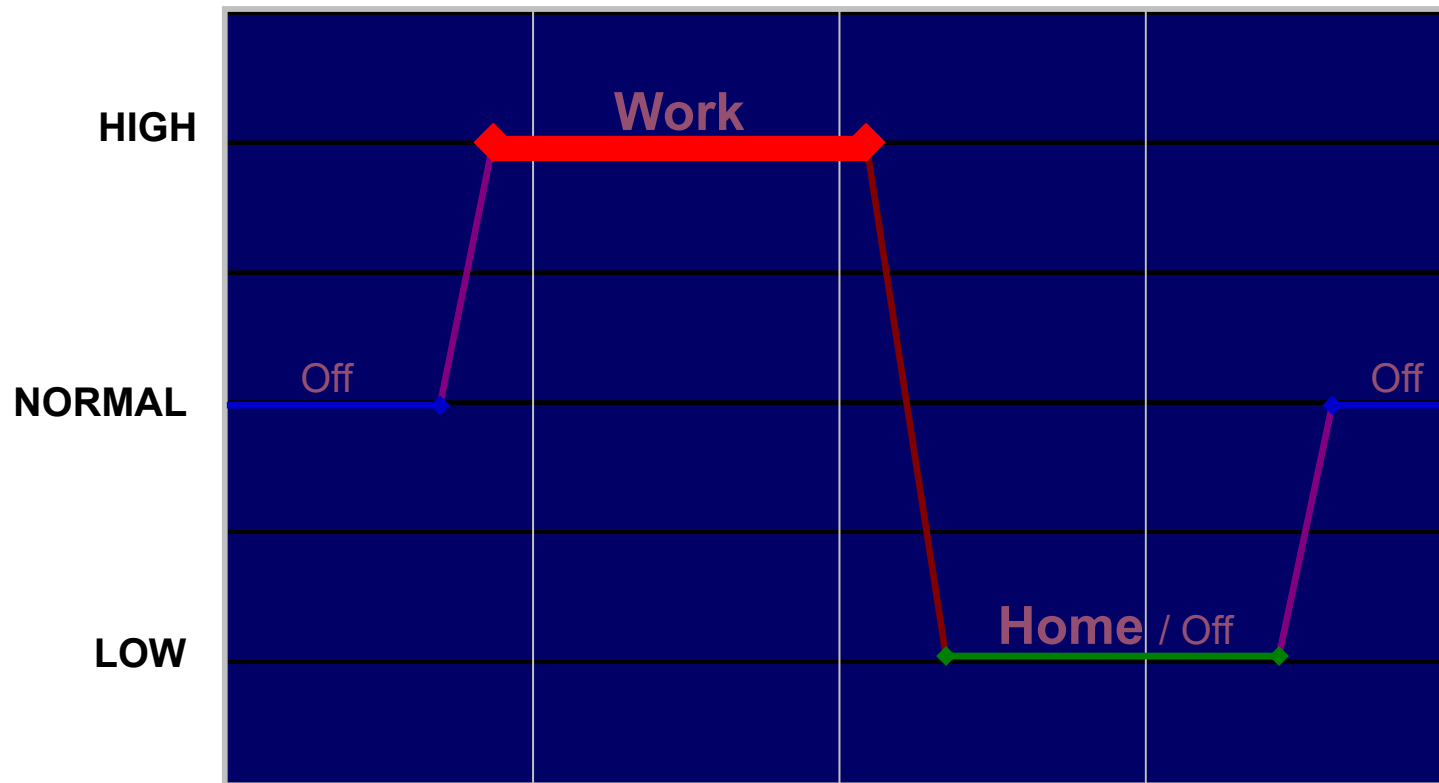
AARP2007

- Passion
- Determination
- Talent
- Self-discipline
- Faith

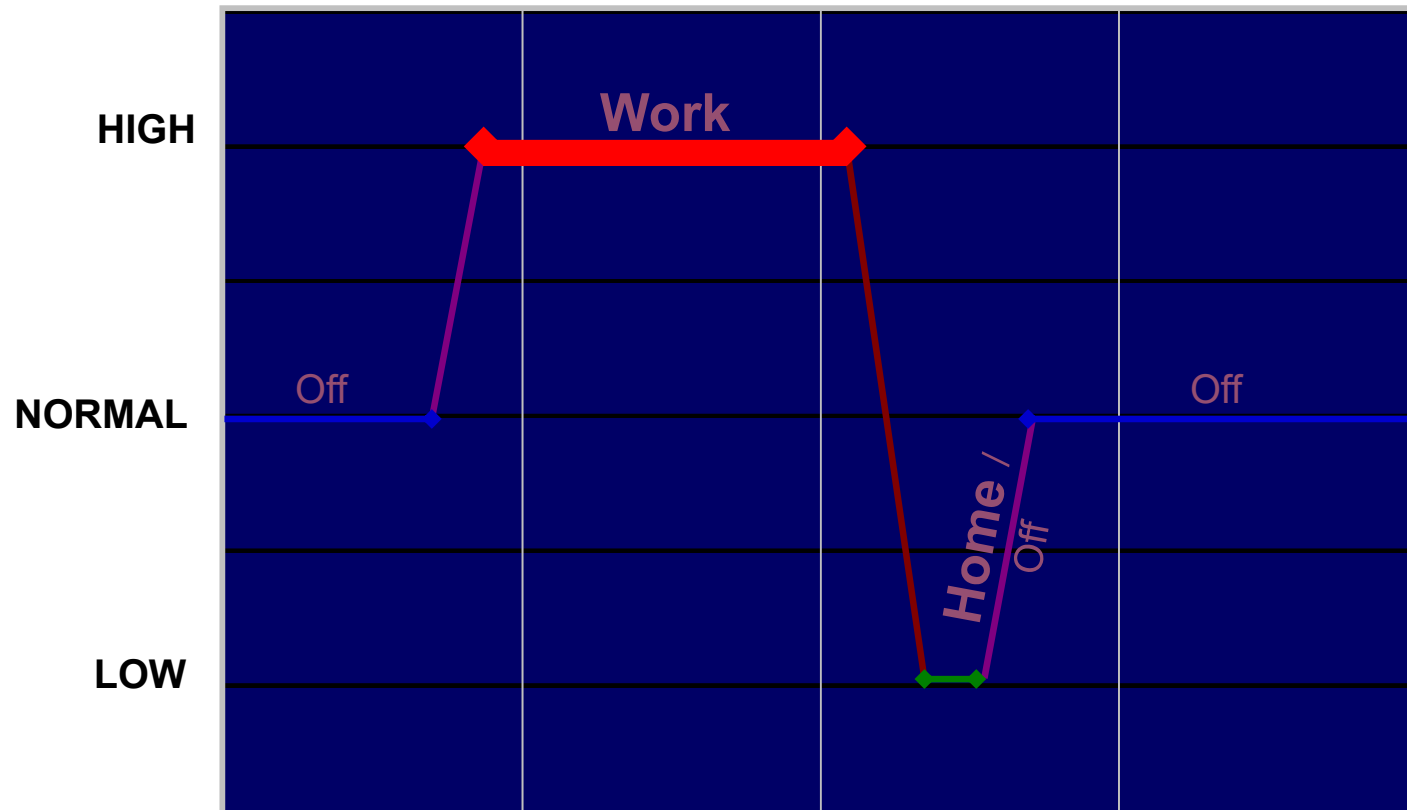




# Work Life Balance 1



# Work Life Balance 2



# Fitness

- Walking
- Tactical Breathing
- Tactical Yoga
- Support Groups
- [thewoundedblue.org/](http://thewoundedblue.org/)



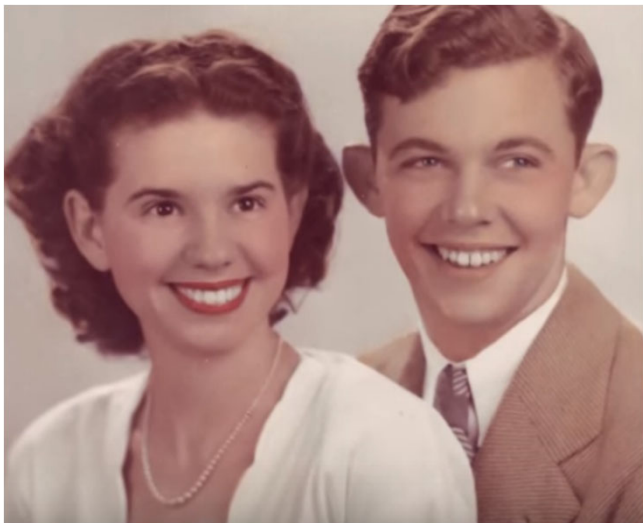
# Have Fun !

- 89 years old
- All that I am good is a result of this Woman and her husband of 58 years
- She loved life and had fun....





**Remember, don't be sad for me; I have lived my life...Go live yours." ~Geri Murphy**



# What is important

- Love people not things
- People do not care how much you know until they know how much you care
- You will never be satisfied with what you get until...



# Questions?



Michael Murphy DBA; F-ABMDI  
702-249-6343

[MpowerMurphy@gmail.com](mailto:MpowerMurphy@gmail.com)

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