



FORTRESS RESILIENCE GROUP

STRENGTHEN THE MIND | PROTECT THE MISSION | PERFORM UNDER PRESSURE

BUILT FOR FIRST RESPONDERS. PROVEN IN HIGH-RISK ENVIRONMENTS.

WHY OPERATIONAL RESILIENCE MATTERS

30% of first responders develop behavioral health conditions.







 Law enforcement suicides exceed line-of-duty deaths. -Blue H.E.L.P.

 **1 in 4** dispatchers show PTSD symptoms.

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 Firefighter suicides have exceeded line-of-duty deaths in recent years.

WHAT YOUR TEAM WILL GAIN

-  Understand how operational stress accumulates
-  Recognize early warning signs of burnout
-  Improve decision making under pressure
-  Learn immediate stress regulation techniques
-  Improve focus, clarity, and performance under pressure
-  Build long term resilience on and off duty

BUILT FROM REAL-WORLD EXPERIENCE


U.S. Marine Corp
Combat Veteran


Fortune 50
Security Instructor

 Creator of Enterprise-Level
Resilience Program


Former Law
Enforcement

THE FOUR PILLARS FRAMEWORK



Mind | Body | Social | Spiritual

BRING THIS TRAINING TO YOUR DEPARTMENT

HOW IT WORKS



60-90 MINUTE TRAINING SESSIONS

Designed specifically for first responders.



DELIVERED ACROSS SHIFTS

Sessions scheduled around your operations to ensure full department coverage without staffing disruptions



SCALABLE SOLUTIONS

Flexible delivery model to fit departments of any size.

TYPICAL DELIVERY MODEL



SMALL AGENCIES

1-3 sessions



MID-SIZE AGENCIES

4-6 sessions



LARGE AGENCIES

Custom delivery

PROGRAM INVESTMENT



\$4,000 - \$12,000

Most departments investments are based on size and number of sessions.

MULTI-SESSION PACKAGES AVAILABLE



DIRECTOR OF TRAINING CAMERON BETUSH

Cameron Betush is a U.S. Marine combat veteran, former law enforcement officer, and security professional with over two decades of experience operating in high-stress environments.

He deployed to combat in Afghanistan and was awarded the Purple Heart and Combat Action Ribbon. After military service he worked in law enforcement conducting high-risk operations.

Today he works in security operations for a Fortune 50 company where he also serves as an instructor delivering resilience training for security professionals.

- ★ U.S. Marine Combat Veteran
- ★ Purple Heart Recipient
- ★ Combat Action Ribbon Recipient
- ★ Former Law Enforcement Officer
- ★ Security Operations Professional & Instructor - Fortune 50
- ★ Graduate Certificate in Military Resilience - Liberty University



READY TO GET STARTED

Scan the QR code or contact us to bring this training to your department.