



FORTRESS

RESILIENCE GROUP

STRENGTHEN THE MIND | PROTECT THE MISSION | PERFORM UNDER PRESSURE

PROVEN IN HIGH-RISK ENVIRONMENTS.

WHY RESILIENCE MATTERS



Chronic stress impacts performance, health, relationships, and longevity.



Over 80% of workers experience workplace stress - American Institute of Stress



Stress is a leading contributor to burnout, turnover, and mental health challenges.



Resilient individuals and teams make better decisions, adapt faster, and perform stronger, especially under pressure.

WHAT YOUR TEAM GAINS



Understand how stress affects your body, mind, and decisions



Recognize early warning signs of burnout



Learn practical techniques to regulate stress in the moment



Improve focus, clarity, and performance under pressure



Build long term resilience personally and professionally

BUILT FROM REAL-WORLD EXPERIENCE



U.S. Marine Corp
Combat Veteran



Fortune 50
Security Instructor

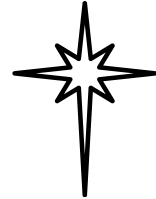
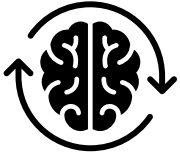


Creator of Enterprise-Level
Resilience Program



Former Law
Enforcement

THE FOUR PILLARS FRAMEWORK



Mind | Body | Social | Spiritual

Mental clarity and
perspective

Physical health
and energy

Relationships and
support

Purpose, values,
and meaning

PRACTICAL. RELEVANT. ACTIONABLE. BUILT FOR LIFE.

BRING THIS TRAINING TO YOUR DEPARTMENT



Cameron@FortressResilienceGroup.com



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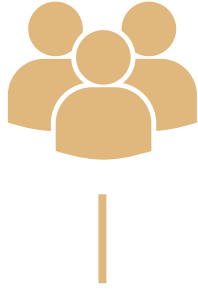
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HOW IT WORKS



PUBLIC SAFETY

First Responders, Dispatch, Corrections, Security, Military



PROFESSIONALS

Healthcare, Educators, Leaders, Legal, Human Services



CORPORATE TEAMS

High demand roles, Managers, Sales, Operations



INDIVIDUALS

Anyone facing stress, change, pressure, or uncertainty

HOW IT WORKS



60-90 MINUTE TRAINING SESSIONS
Tailored to your needs.



DELIVERED ACROSS SHIFTS
Sessions scheduled around your operations.



SCALABLE SOLUTIONS
Small teams to large organizations - custom delivery options

PROGRAM INVESTMENT



\$4,000 - \$12,000

Most organizations invest based on size, number of sessions, and delivery needs.

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 100 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



LET'S BUILD A STRONGER, MORE RESILIENT TEAM - TOGETHER



READY TO GET STARTED

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