



# THE WONDER WITHIN

LEAD. SPEAK. GROW.

## Law Enforcement Wellness Workshop

The Wonder Within, LLC

### Course Purpose / Objectives:

The Wonder Within presents an eight-hour wellness workshop, tailored specifically for law enforcement officers. Acknowledging the high-stress situations that officers often face on a daily basis, the workshop guides participants through an exploration of proven techniques that can improve their resilience and longevity. The course will focus on the participant's professional and personal well-being, addressing both mental and physical aspects. This workshop empowers officers with self-care strategies that foster a healthier work-life balance and that helps officers live longer, more satisfying lives.

The first half of the day will be in a traditional classroom setting. It will consist of a lecture/discussion where participants will take a look at a snapshot of their lives, on and off duty, and how it pertains to their wellbeing/health. The second half of the day will be hands-on injury prevention and treatment for the mind and body. There will be two hours of instruction on head-to-toe massage using therapy balls (self-massage). All participants will receive a free massage therapy ball to take home. The hands on portion will also touch on mobility, yoga, and then a deep look at iRest and sleep quality to finish the day. **Please wear comfortable clothing, suitable for physical activity or exercise, and athletic shoes.** Bringing a yoga or exercise mat to lay on is also recommended.

Don't miss this chance to learn with The Wonder Within, LLC. This course is limited to **forty (40)** officers.

## **Instructor(s):**

AMBER MISKOVICH: From the time she could push a broom, was put to work at her dad's body shop where she adopted his work ethic and entrepreneurial prowess. A life-long passion for serving others and for understanding the synchrony of the mind and body led Amber to her many careers as a massage therapist, a flight medic in the US Air Force, a Fire Fighter Paramedic, and a yoga teacher. She founded The Wonder Within wellness center, which served as a conduit for Amber's passion of bringing healing via yoga, massage, and iRest meditation to those who are least healable. Today she continues to offer her services via leadership training and workshops. Amber strives to live intentionally with full vulnerability and to devote her life to promoting health and wellness.

**Cost: \$125**

## **Date(s):**

**DATE Wednesday August 21<sup>st</sup>**  
0800 - 1600 (8:00 AM - 4:00 PM)

## **Location:**

Columbus Police Training Academy - Room 137  
1000 N. Hague Ave., Columbus, OH 43204

## **Course Contact / Registration:**

**Officer Stephanie Stephenson**  
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(e-mail): [slstephenson@columbuspolice.org](mailto:slstephenson@columbuspolice.org)