

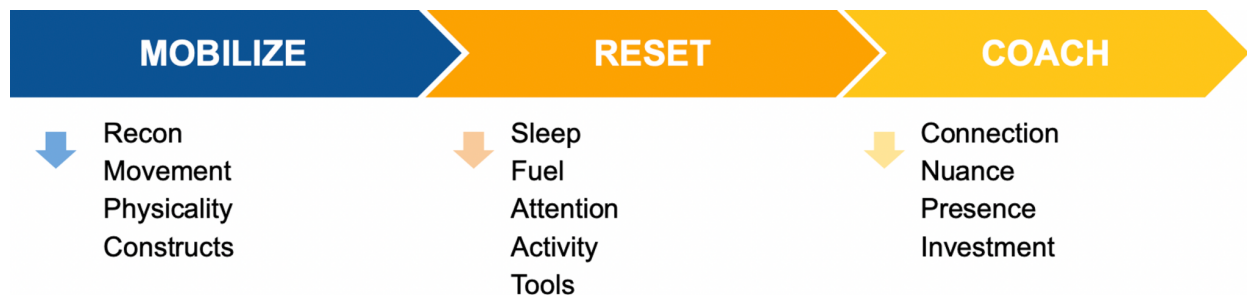


# TACTICAL INITIATOR

## CERTIFICATION COURSE

The Tactical Initiator Certification Course is a comprehensive, self paced, remote education program that accounts for the far from idealistic realities faced by tactical professionals.

The course distills the complexity of evidence-based physical and psychological health and performance practices for tactical professionals into relevant and actionable information. Military, Law Enforcement, and Fire & Rescue versions of the certification highlight issues and present solutions relevant to each profession.



Content is delivered within 3 comprehensive sections that cover 13 critical subjects within 45 engaging modules that hold over 200 professionally produced videos. Each subject includes a short quiz that serves as a “check on learning” and the course closes with a comprehensive exam. Most importantly, the certification course is a living and breathing entity that will undergo constant upgrading to ensure it continues to meet the rapidly evolving needs of tactical professionals and the health, wellness, and performance teams who support them. Enrolled attendees also receive access to a social media platform based community where they can engage with The Initiative and its collaborative collective of contributors.

# MOBILIZE

*Introduces a meaningful assessment approach and purposeful application of physical stress*

## Recon

Assessing the human and their personal / professional environments to identify and prioritize opportunities for enhancing health and performance

- Where You Are
- Where You Want to Be
- How You Get There

## Movement

Training movement patterns to improve efficiency of movement by addressing limitations in positions and coordination

- Core
- Lower Body Push
- Lower Body Pull
- Upper Body Push
- Upper Body Pull
- Rotation
- Locomotion

## Physicality

Reinforcing efficient movement with output (strength/speed/power) and capacity (continuous and intermittent conditioning)

- Output
- Capacity
- Interplay

## Constructs

Assigning training variables to deliberately develop components of physicality prioritized within Recon

- Principles
- Variables

# RESET

*Provides evidence-based physical and psychological means of positively adapting to stress*

## Sleep

Appreciating benefits and recognizing shortcomings while providing realistic solutions to mitigate health and performance detriments of insufficient sleep

- Enemies
- Faux Allies
- Allies

## Fuel

Reframing nutrition as a behavioral component of a professional's lifestyle and proposing a progressively actionable approach to an improved fueling strategy

- Hydration
- Nutrients
- Meals
- Supplements

## Attention

Providing a conscious pause between stimulus and response that empowers a tactical professional to respond logically rather than react emotionally to stress

- Awareness
- Preparation
- Execution

## Activity

Quantifying and qualifying proven restorative properties of general exercise, recreation, nature, and community

- Outdoors
- Socialization
- Sessions

## Tools

Examining the role and efficacy of popular recovery instruments such as hot, cold, compressive, and sensory deprivation modalities

- Compression
- Temperature
- Sensory

# COACH

*Accounts for the human element and the complexities that accompany it*

## Connection

Establishing trust and communication as cornerstones of cultural evolution in an effort to influence leaders, peers, and junior members of an organization

- Trust
- Communication
- Influence

## Nuance

Adapting idealistically designed tactical health and performance programs to better accommodate individual professionals' needs and realities

- Priority
- Adjustment

## Presence

Pulling programmed x's and o's off the page and applying them to real-world scenarios while accounting for logistical constraints and human interaction

- Recognition
- Engagement
- Scope

## Investment

Arming the professional with strategies for program implementation, self care, and continued educational opportunities

- Establishment
- Self Care
- Con Ed

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**If you have additional questions about the certification course or how it can be paired with live workshops and other products and services from The Initiative, please contact us at the email below.**

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