



STRUGGLE WELL

We are meant to thrive, not just survive.

STRUGGLE WELL 1-DAY TRAINING

SPONSORED BY: Broward College Institute of Public Safety

DATE: December 3, 2026

Location: Broward College Institute of Public Safety Auditorium

3501 Davie Road, Building 22/ Room 136

Davie, FL 33314

TIME/DURATION: 8:00 am - 5:00 pm

THE OBJECTIVE

The objective of Struggle Well Training is to enable participants to prepare, practice, and implement an individualized plan for personal growth by transforming struggle into strength, enabling them to be of continued service to themselves, their family, their work, their community, and their country.

THE APPROACH

Struggle Well training is based on the proven framework of Posttraumatic Growth, which feature five phases, built on an environment of trust and connection

THE IMPACT

Struggle can serve as a catalyst for growth and transformation, if used properly. The purpose of Struggle Well training is to enable you to grow, which occurs in five areas:

- New Possibilities
- Deeper Relationships
- Personal Strength
- Appreciation for Life
- Spiritual and Existential Change

LEARN MORE

Follow the link to register: <https://Struggle-Well-Registration-12-03-2026.eventbrite.com>



**BOULDER CREST
FOUNDATION**

Struggle Well trainings are developed and delivered by the Boulder Crest Foundation, a national nonprofit organization dedicated to ensuring the first responders, service members, veterans, and their families can live great lives – filled with passion, purpose service, connection and growth.



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