



THE UNCIVILIZED HEROES JOURNEY

4-Day Men's Retreat for Veterans and First Responders

Dates: November 7th-10th, 2024 • **Location:** Jefferson, CO (near Denver)

This is training for Veterans and First Responders, taught by Veterans and First Responders. Men who have been where you are and know where you're trying to go.

Our team of self-development experts will guide you through workshops and activities that will provide you with invaluable tools to help you navigate the transitions of life, overcome obstacles, and cultivate a resilient mindset ready to tackle anything that comes your way.



WHY THIS RETREAT?

Tailored For Our Heroes:

Specifically designed for Active Duty Service Members, Members of the Guard and Reserves, Veterans, and First Responders including Police, Fire, EMS, and 911 Dispatchers.

Instructors with Experience:

Each facilitator is a current or former first responder, or combat veteran, with specialized training in areas such as peer support, crisis intervention, public safety instruction, mindfulness, resilience, men's coaching, breathwork, traumatic stress response, meditation and other related fields.

Valuable Skills:

This training will provide tools to overcome obstacles, build resiliency, release trauma, and reignite purpose.

Peer Support:

The retreat encourages the formation of a strong support network with like-minded individuals.

For further information, or purchasing, please contact: dave@manuncivilized.com

www.manuncivilized.com/heroesjourney

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THIS WORKSHOP WILL TEACH YOU HOW TO:

- Rekindle your sense of purpose and passion.
- Understand how to hold heart-led powerful boundaries.
- Release the trauma that's holding you back.
- Let go of limiting beliefs and implanted stories about who you are and what you're capable of.
- Harness the power of nature as you reconnect with your true self and rediscover the peace and tranquility that may have eluded you.
- Discover deep – even hidden – truths about how the job has affected your life.

TRAINING INCLUDES:

- 4-Day Workshop
- Private chef, all meals, snacks, teas, juice and coffee.
- Lodging.
- 3 online courses to help you begin your work before you arrive and continue it after you leave us.
- All workshop materials.

PRICE: \$1500 ALL-IN.

**Travel to and from the retreat not included.*

Investment & Support:

Allowing our First Responders and Military personnel to attend this retreat is a direct investment in their well-being, efficacy, and the positive impact they have on our communities.

MEET THE INSTRUCTORS



David Boyd

Trauma-Informed Men's Coach, retreat facilitator, USMC combat veteran, former police officer, firefighter, and 911 dispatcher with nearly 20 years of combined service.



Zac Miller

Men's coach, breathwork facilitator, former police officer, firefighter and 911 dispatcher trained in traumatic stress responses.



Garrett Teslaa

18 year active-duty Sheriff's LT. Expert in self-awareness and creator of the BADGES Mindfulness Model™, Host of the "The Squad Room Podcast".

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