

Command, Control & Choice™



"to protect and serve" . . . an honorable code of conduct, and one not taken lightly by hundreds of thousands of law enforcement professionals every day. Relied upon by millions to provide an abiding sense of security and to keep the peace, law enforcement professionals take up this charge – often at their own peril.

Command, Control & Choice is that blend of hard skills and high performance thinking skills, enabling officers, deputies, marshals, etc. to meet the challenge of the streets. Your organization should expect *Command, Control & Choice* to deliver:

- Measurable positive impact on officer safety
- Measurable positive impact on officer survival rates
- Significant increases in hard-skills test scores
- Decreases in tactical inefficiencies
- Higher self-discipline and morale
- Improved decision making
- Personal and professional balance

State of California P.O.S.T. certified, this course combines life-and-death scenarios with mental simulation, and is designed to reduce anxiety while reinforcing proper decision-making, without the need to put officers in harm's way. The long-term impact of the course is predicted to have wide-range positive impact on reducing the stress confronted by officers – the same stress which has been linked to officer divorce, heart attack and suicide.

While the public perception of the law enforcement culture varies at every strata of society, *Command, Control & Choice* gets to the culture beneath the culture – what happens within departments and what happens when the officer gets home. Graduates are better able to balance work and home, are aware of mental and physical health relationships, and are able to eliminate fear motivation.

Currently in use by Los Angeles Sheriff's Department's Deputy Leadership Institute, *Command, Control & Choice* is available to all law enforcement agencies. However, in order to expect the type of cultural transformation being attained by LASD, a commitment to having your entire agency's instructional process utilize constructive motivation, mental simulation and reinforcement of positive internal dialogue is essential.

The challenges of the streets seem to increase every day. Your officers deserve every high-performance skill and tool to fulfill the promise of "protect and serve." *Command, Control & Choice* fulfills that promise.



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Solving People Issues at Their Root Cause

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About the Program

Command, Control & Choice forms the foundation of a 40-hour course design that combines classroom training with on-location hard skills training. It is a combination of best thinking and best practices. The use of CD technology allows officers to keep current with the latest reinforcements and applications for the course. A Personal Learning Package (PLP) allows each participant to use more traditional methods of journaling and reflection to imprint these life-saving techniques.

In addition to the effective thinking skills taught on video by Lou Tice, your agency has the option of utilizing your own hard-skills training processes or those used by the Los Angeles Sheriff's Department (Weapons Manipulation; Range Training; Arrest & Control; Emergency Driving; Tactical Communication; Tactics & Survival).

Learning Units

Unit 1 Perception

What you see may not be all there is to see. Past conditioning affects perception, which affects reactions, which can make or break situations on the street.

Unit 2 The Thought Process

Understanding how the human mind functions gives you the edge on the street, and keeps you in control.

Unit 3 Habits and Attitudes

Old habits get in the way of new skills; old attitudes may inhibit your reactions during stressful situations.

Unit 4 The Power of Belief

It's all about belief – yours and "theirs".

Unit 5 Motivation

If you're doing the job because you "have to" you are not being your best.

Unit 6 The Future as the Present

Change is easy and stress-free when you clearly define the new picture you want.

Unit 7 Tools for Change

As important as your weapon and vehicle, these tools won't weigh you down, but set you free for tremendous growth.

Unit 8 Self-Image and Performance

How you value yourself is directly proportional to your performance on the job, and at home.

Unit 9 Four Levels of Happiness

Priorities, performance, purpose – keys to enhancing the culture.

Unit 10 Organizational Culture

Departmentally, what is more important – loyalty or truth? Mercy or justice? How is it affecting morale?

Unit 11 Command or Control?

It's Your Choice

Is your agency top-down? Team-oriented? Flexible in role? Is it working for you?

A comprehensive audio follow-through program allows participants to continually reflect on their own growth, and purpose. Effective officers bring effective performance, providing a safe environment for all.