



Training
applicable
to YOU
in the
REAL
world

www.HeatherPost.com/public-safety



Interested
in hosting
a program
in your city?



CONTACT
US TODAY

Program Information and Scheduling:
Meghan@HeatherPost.com
(386) 756-4000

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Travel is from Daytona Beach, Florida

Be • [A]ware

Situational Awareness
for YOU
in the REAL world



Observe. Adapt. Respond

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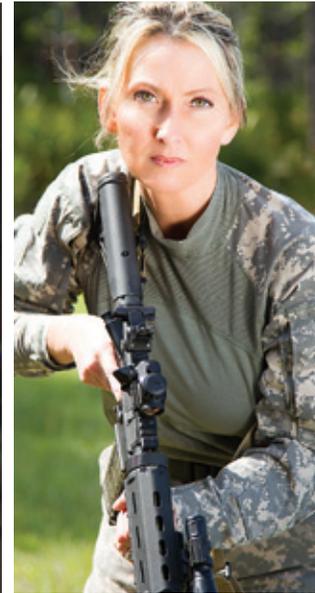
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Award-winning expert, speaker and instructor

FORMER CAREER LAW ENFORCEMENT OFFICER/DETECTIVE

TRAINING COURSE

Training is provided in a very down-to-earth, interactive and relatable way that engages the audience and gets them motivated and empowered to look beyond the “bubble” we all find ourselves in each day



THIS PROGRAM

- Discusses the things we rely on that can give a false sense of security
- Induces forethought to be better prepared to observe, adapt and respond to everyday situational possibilities
- Aids in less contemplation and indecisiveness when moments count regarding a medical emergency, a safety emergency or anything unexpected
- Provides insight for personal protection
- Covers various scenarios specific to the audience to provide a broader perspective of the world around them
- Helps develop habits while driving, at work, while in public places, while home, etc. to raise awareness, increase safety and much more

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ABOUT THE INSTRUCTOR Heather Post

Heather Post is a wife, mother and retired law enforcement officer/detective with a career spanning the course of two decades. She has worked in a variety of capacities in uniformed patrol, undercover operations, as detective/case agent of many types of crimes (including homicides) and filled in as Criminal Investigative Unit Sergeant. She headed up task forces involving statewide and nationwide crime rings, served on the board of several state and countywide law enforcement units, assisted in the proposal of victim's rights legislation, was an adjunct college instructor, led an Honor Guard Unit and is a SWAT school graduate and expert marksman.

She is currently a speaker and instructor nationwide and is the owner of two training companies that she built from the ground up. All of this, coupled with being on her own since she was 14 years old, has given Heather valuable insight, street smarts and tenacity. She provides the highest potential skill sets in an interesting and relatable way to a wide variety of audiences: from the university level to the corporate world to the realm of public safety. Her clients include Fortune 500 companies and international organizations.

Her long list of accolades includes being named an Influential Woman in Business and being highlighted as an *American Success Story* on FOX Business Network's national tv show, *Making Money with Charles Payne*. She is routinely featured in the media as an expert in her field and is working on finishing two books.



Award-winning expert, speaker and instructor featured in the national media including >>