

NEW LOCATION

FUNDAMENTALS OF HUMAN PERFORMANCE LEADERSHIP

RSVP TODAY

— FOR THIS —

NEW EVENT NOVEMBER 18

HOLIDAY INN EXPRESS & SUITES
17140 WEST COLFAX AVENUE, GOLDEN, CO 80401

Dr. Theresa Larson will be presenting the inaugural MRx Be Well to Lead Well seminar. This 4-hour session is designed for law enforcement leaders and introduces the foundational concept that effective leadership begins with leading oneself. Participants explore common leadership blind spots, the relationship between physical and emotional intelligence, and the role that self-awareness, self-regulation, recovery, mindset, movement, sleep, and relationships play in sustained performance under the unique demands of law enforcement work. Through interactive activities, personal reflection, practical frameworks, and evidence-based strategies, participants learn how intentional daily habits influence resilience, communication, decision-making, and their ability to positively impact their teams, their agencies, and the communities they serve.

- **Each participant receives a human performance kit with mobility tools to continue the work beyond the session.**
- **Additionally, this "short-course" is a primer for the longer, 2.5-Day Cohorts that CIRSA desires to host regionally in 2027. The more in-depth cohorts will also be discussed during the 11/18 seminar event.**

DATE & TIME

WEDNESDAY | NOVEMBER 18

REGISTRATION: 8:00 AM
TRAINING: 8:30 AM - 12:30 PM

Beverages will be provided.

REGISTRATION

While the event is **FREE** to CIRSA members, registration is still required. To register, click the button below or email **channac@cirsa.org**.

REGISTER

SESSION OBJECTIVES

By the end of this session, participants will be able to:

1. **Identify the direct link between personal well-being and organizational performance** — understanding how physical and mental health impact decision-making, communication, and effectiveness in high-consequence, high-tempo law enforcement leadership roles.
2. **Recognize their own leadership blindspots** — the habits, assumptions, and neglected areas of self-care that quietly erode performance, resilience, and longevity across a career in law enforcement.
3. **Assess their current baseline** through a work and physical health pre-assessment, establishing a personal starting point for the work ahead.
4. **Understand the "leadership-longevity gap"** — why leaders who don't actively manage their health and energy see diminished effectiveness and shortened careers, and what closing that gap requires.
5. **Build practical, sustainable health habits** designed to hold up under the demands of shift-based operations, extended incidents, high-stakes decision-making, and chronic organizational stress — not habits that only work in ideal conditions.
6. **Connect personal energy and health to mission and team impact** — recognizing that how a leader shows up physically and emotionally sets the tone for the units, personnel, and outcomes they're responsible for.
7. **Learn to model consistency as a leadership behavior**, so that well-being becomes something visibly demonstrated to subordinate leaders and frontline personnel, not just discussed in a classroom.
8. **Reframe health as a mission-readiness and organizational advantage** — not a personal indulgence, but a driver of retention, safety, and sustained operational capability.
9. **Leave with a clear, actionable roadmap** for translating these concepts into daily practice, both individually and within their agency's culture.

PLEASE REGISTER ASAP, AS THIS FINAL 2026 LAW ENFORCEMENT EVENT WILL FILL UP FAST!

ABOUT THE PRESENTER



DR. THERESA LARSON | DPT, CSCS

Dr. Theresa Larson, affectionately known as "Dr. T", is a leading expert and advocate for well-being and longevity across both personal and professional domains. She is the founder of MRx Leadership Partners, where she and her team help leaders and organizations optimize physical and mental health. In her work, she draws from her research and her own experience as a former Marine Corps officer who overcame severe trauma. She layers in her experiences as a healthcare provider and Fitwel Ambassador to help veterans, business leaders and owners thrive in the face of challenges such as client attrition, employee retention, and scalability issues, which are often linked to compromised mental or physical well-being of leaders and employees. Dr. T and her team are dedicated to the performance of your organization by helping leaders, owners and employees become resilient, healthy, and happy in all they do.