

# WARRIORS PATH

EMPOWERED BY 



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January 18, 2022 – February 18, 2022

Cohort 004

# Credentialed Resources

Tom Mckenna USMC Combat Veteran  
ETS Co-Founder & Board Director  
Reboot Combat Recovery Field Guide

Jon Engfer MPS, LADC, CPRS  
Warrior's Path Program Director  
Addressing:  
-Soul Healing & Moral Injury  
-Interpersonal Development  
-Finding Purpose -Increasing Self-Worth  
-Honoring Relationships -Community Building

Jess Mckenna USMC Combat Veteran Wife  
ETS Co-Founder & Executive Director  
Understanding the affects a Veteran has on their family-responsibility of caring about personal relationships

Military Influencers & Course Contribution  
Retired Commander Navy Seal Jon Macaskill  
Men talking Mindfulness/Organizational Culture/  
Positive Change Talk /Emotional Intelligence  
-Developing Leaders and High Performing Teams  
through Preparedness, Resilience, Grit, and  
Compassion

*\*Northernstar Fort Snelling Base Camp Training*  
*-Team Building/Character Development*

Colonel Jim L. Kline USMC (Retired)  
-Leadership -Representation -Dedication -Loyalty -  
Responsibility & Accountability as a Civilian

Nick Rahn –Air Force Security Veteran  
Founder of Warriors next Adventure  
Pod Cast Veterans Action Report  
Traumatic Growth Expert

John Henka - Corporal in the U.S. Marine Corps  
CEO Lockleed International – Veteran Employment  
Thomas Lochen Military Outreach Coordinator  
Job Preparation – Corporate Interviews  
Company Support Systems

Mike Aune –Army Veteran  
ETS Warrior's Path 2 Graduate & CPRS  
CPRS Test Requirements/Review

Hannah Holden (US Marine Veteran)  
Certified Life Purpose & Narrative Coach  
Cultivating Purpose- Authenticity -Intuition  
Self Elected Leadership

Ron Buhta Navy Vietnam Veteran  
Viking Industrial 37 years  
-Creative Artwork (Design/Sculping/Painting)

Col. David Rabb, (Ret.) Military Mental Health  
Commander  
- Bringing clarity to moral injury and gaining  
spiritual insight on traumatic healing

Amanda Hooper  
Army Veteran  
BSHS, PSYM (Military Psychology)  
Trauma Informed Care

Minnesota Assistant Counsel for Veterans (MACV)  
Angela Overlin (Housing)  
Angel(Employment)

Dakota County Veteran Service Officers  
Karly Tiegs 20 Year Airforce Veteran  
Joel Hendrickson Army Combat Veteran (Airborne)

Alex Kempe (Veteran)– Department Service Officer at  
DAV -Veteran Benefits

Law Enforcement & Fire Department  
Andrew Schroeder – Lead Gun Investigation  
Unit/Minneapolis Police Department  
Steve Dziedzic – MPLS Fire Chief  
\*Persevering through trauma towards healthier  
outcomes

- Service
- Responsibility
- Integrity
- Fidelity

Community Safety Officer Brian Casey  
Sgt. St. Paul Police -Peer Support (Author of *Good  
Cop Good Cop*)  
Wellness Training –Discernment  
-Awareness of Empathic Fatigue  
-Understanding the Reactionary Gap  
-Managing Thinking

# Credentialed Resources

## Community ETS Contributors & Course Influencers

**Sue Hoisington, Psy.D, LP Psychologist** Mental Health Education

- Symptoms
- Modalities Treatments

**Shauna Fenske MA LAMFT BS**

- \*Relational Reconciliation Work
- Recovery Relationship Specialist
- Establishing/Utilizing Healthier Connections/Reconnection
- Rebuilding Trust/Accepting Difficulty to Understand/
- Strengthening & Growing while being uncomfortable

**Jennifer Weigelt, Ph.D., LP, LPCC**  
Psychologist  
U of MN Graduate School Professor  
-Spirit of Motivational Interviewing

**Chris Hartman's – Hamline (\*Head NFL Strength Coach 2 Seasons/1998 BIG 10 Strength & Conditioning Coach of the Year)**

**Tonya Degregorio Health & Holistic Coach**  
AFAA Certified  
Nutrition-Physical Conditioning-Fitness training

**Advisor Keith Johnson,**  
(Financial Services Professional) - Financial Planning  
- Psychology of Money Management

**Tim Liester (COO USLBM)**  
Develop Stronger Skills Sets  
Doing the Right Things Right Things Happen  
Effectiveness of Empathy, Integrity, Demonstrated Competency, Establishing Trust  
-Careers Construction in the Home Building Industry

**Jeff Degree – Professional Attorney**  
Defense Attorney – Legal Direction

- Resolve pending issues
- Record expungement

**Fiyyaz Karim Psy. D.**  
University of Minnesota Lecturer/Professor

- Cultural Competence
- Personal Biases
- Identity

**Roy Kammer**  
EdD LADC LPC ADCRMN CPPR NCC  
Director Minnesota Certification Board

- Personal & Professional Ethical Development

**Christine Bongiovanni-Stiff**  
Certified Life Coach  
(Mental Fitness / Positive Intelligence)

- \*Mind conditioning towards best self -version

**Ted Carlson – SIOR, CCIM President Carlson Partners**  
**Erik Hendrikson – President Tradition Mortgage**  
**Steve Aronson – Partner Camber Road**

Addressing:

- Being trustworthy & Positive addition to family and community
- Discipline with living in purpose

**Rich Chapman**  
Author Greater Game  
Sacrifice-Resiliency-Discipline-Commitment

**Jake Taylor**  
Cross Fit Trainer  
Retired Pro Hockey Player  
Unbeatable Mind Certified Coach  
Forged in the Fire

**Bill Butters – Hockey Ministries International**  
Former Collegiate & Professional Hockey Player/Retired NCAA Hockey Coach

- Reach for Christ/Doing the Right Thing/Faith Development/Reach for Christ/Doing the Right Thing/Consistently working towards healthier outcomes/Demonstrating fidelity & being vigilant

# WEEK 1:

## Reconnecting to the Warrior Within

*“The Warrior is one who sacrifices himself for the good of others. His task is to take care of the elderly, the defenseless, those who can’t provide for themselves, and above all, the children.”*

- *Sitting Bull*

# WEEK 1:

Tuesday January 18, 2022

## 10am-12pm Introductions

Program Intentions & Mission Towards Positive Change/Living with Purpose

-Understanding 3 Key Questions to Consider (Moving forward in the Right Direction)

Will You commit yourself to want to make positive changes?

Will You commit earnestly and fully identifying the issues that have disrupted your life?

Will You commit to supporting other participants in the course?

-Addressing Warrior's Path 5 F's Character-Building Blocks (Faith, Friends & Family, Fitness, Finances, Force for Good... Working to get back on track and living a healthier way of life.

-Recognizing what is right with you and how to make your life better/Stronger you are the stronger we are

**\*Veterans - Mental/Physical/Spiritual Health Assessment**

## Lunch

## 1pm -2:15pm

Warriors Path Mission Pledge Signing (Recognizing Importance of being Right with Self, Family, & Community)

**\*Understanding Responsibility (Accountability to thought, feeling, and action)**

**Empowering Warriors DNA (Utilizing the Spirit of Righteousness)**

**\*Honoring commitment to positive change, keep agreements, and move forward towards healthier outcomes.**

**\*Ethos: Bring back honor to brotherhood & sisterhood/Building a healthy culture and safe community**

## 2:30pm-3:30pm

**Hartman Team's Strength Training & Physical Conditioning**

# WEEK 1:

Wednesday January 19, 2022

## 2 Day Cabin-Retreat in Private Majestic Location (Awakening Warrior DNA)

### **10am ETS Departure**

Warriors Path Vehicle – Team Building/Strengthening Connections

\*Recognizing opportunity to live a healthier way of life. (Ready to make commitment to positive change, keep agreements, and move forward towards healthier outcomes.

Re-investing and Re-building in Self-Worth/Increasing Confidence Community Restoration/Having Future Considerations)

\*The better you do the better we are-imagine our potential when we each do our part(Wealth of

Potential in us). We are a part of a cause greater than ourselves, the better you do the better we are...

### **2pm**

Positive Interaction/Fun Activity/Team Building/Fellowship

**Dinner - Pizzas**

# WEEK 1:

Thursday January 20, 2022

## 9am ETS Home Departure from Spiritual Retreat

12:45pm-1:45pm

**Tom Mckenna ETS Founder (USMC Combat Veteran)/Jon Engfer MPS LADC CPRS**

\*Building on 5 F's Faith, Family/Friends, Fitness, Finances, Focus Forward

\*-Character Development/Increasing Self-Worth

\*Staying Motivated with the Opportunity to Improve

\*Finding Purpose, Value, and Meaning in Life.

\*(Emotional Healing & Soul Restoration)

\*Understanding damaged Spiritual Roots due to past Trauma

\*Considering: (It is the quality that empowers Marines to exemplify the ultimate in ethical and moral behavior: to never lie, cheat, or steal; to abide by an uncompromising code of integrity; to respect human dignity; and to have respect and concern for each other.)

\*Warriors Return-Spiritual Development-Coming into Soul Worth - Belonging Kinship - Believing in Love – Being right with ourselves and others – Having purpose and meaning in life - Moving Forward in a Healthy Way

**Soul Restoration-Ethos (Code of Moral Conduct) The better you do the better we are-imagine our potential when we each do our part  
(Wealth of Potential in us-better you do the better we are)**

2pm-3pm

**Retired Commander Navy Seal Jon Macaskill**

Men talking Mindfulness/Organizational Culture

Positive Change Talk -Emotional Intelligence

**-Developing Leaders and High Performing Teams through Preparedness, Resilience, Grit, and Compassion**

3pm-4pm

**YOGA** Eddie Sanchez - National Guard Service Registered Yoga Alliance (Vinyasa Practices)

# WEEK 1:

Friday January 21, 2022

## 9am-9:50am Awakening

Stretch (Body-Mind Connection)– Meditation- Life Meaning Focus

## 10am-11:30am

Christine Bongiovanni-Stiff

Certified Life Coach

\*Mental Fitness - Mind conditioning towards best self –version/Positive Intelligence

## 12pm – 1pm

Lunch **with** MACV

Employment/Providing Computer Support-Resume Building-Interviewing-Veteran Housing

## 1:00pm-2:30pm

Tom McKenna USMC Combat Veteran (Combat Reboot Recovery-Addressing Soul Wound-Stop the Bleeding – Understanding Roots of Trauma)

\*Spirit of Man is worth fighting for

## 2:30pm-4pm

Jake Taylor

Cross Fit Trainer-Retired Pro Hockey Player-Unbeatable Mind Certified Coach

Forged in the Fire/Faith through extreme struggle

**(Maintaining Consistency & Managing a Code of Moral Conduct)**

# WEEK 2:

## Staying Committed to Positive Change, Striving to Do Your Best!

### Rede if Honor

*-in all that you do, consider its benefit or harm upon yourself, your people*

*-to thine own self be true*

*-to keep one's head is a virtue (self-control/discipline)*

*-do your best*

*-obey the law's (they are beneficial to family)*

*-harmony with natural order*

*-love, protect, reproduce and advance your folk*

*-act nobly (complete in body & spirit)*

*-trust your power (holy spirit within)*

*Joshua 1:9 "have I not commanded you? Be strong and courageous, do not be frightened, and do not be dismayed, for the lord your god is with you wherever you go."*

# WEEK 2:

Tuesday January 25, 2022

## 9am-9:50am

Stretch – Meditation – Music Therapy

## 10am-11:30am

Jon Engfer MPS LADC CPRS

Cognitive Behavioral Therapy – (Awareness of your thought, feeling, and action)

\*Learning how to reason your decisions, take responsible action, maintaining consistency towards healthier outcomes.

## 11:45am-12:45pm

Lunch with Dakota County  
Veteran Service Officers

Karly Tiegs 20 Year Airforce Veteran

Joel Hendrickson Army Combat Veteran (Airborne)

-Overview Benefits/Claims

-Understanding Veteran Resources Involving the Justice System

-Community Outreach/Development

## 1pm-3pm

Nick Rahn– Veteran

Founder of Warriors next Adventure

Traumatic Growth through personal lived experience

## 3pm-4pm

Hartman Strength Training

Flexibility-Balance-Conditioning

\*Polite Reminder of Building Credible Character, Keeping Agreements, and Staying Committed to Positive Change.

# WEEK 2:

Wednesday January 26, 2022

## 9am-11am

Stretch – Meditation – Music Therapy

(Educational Recovery Former Military Police Officer Inspiration- I am second (Recovery Motivation)

## 10am-11:30am

U of MN Professor Fiyaz Karim Psy. D Cultural Competence (Understanding Lifestyles & Value Systems) Multicultural Education (Addressing Different Beliefs) \*Understanding Ethics & Boundaries

## Lunch

## 1:00pm-3pm

Tim Liester

Developing stronger skill sets-Building a healthier culture

-Addressing Empathy, Integrity, & Demonstrated Competence

-Attitude, Desire, Willingness to Play a Role, Learn-Adopt-Grow

## 3pm-4pm

Tonya Degregorio Health & Holistic Coach- AFAA Certified

Nutrition- Physical Conditioning-Fitness training

# WEEK 2:

Thursday January 27, 2022

## 9am-9:50am

Tom Mckenna - ETS Founder/Combat Marine Veteran

\*Struggle Well Overview

Persevering Through Traumatic Growth-Becoming Stronger

## 10am-11:30am

Keith Johnson (Financial Services Professional)

-Psychology of Budgeting

-Money Management-Addressing Credit-Resolving Debt-Investing

## Lunch with DAV Alex Kempe VA Benefits

## 1pm-3pm

Brian Casey Sergeant St. Paul Police Department

(Author of Good Cop Good Cop) Wellness Training -Discernment-Awareness of Empathic Fatigue-Understanding the Reactionary Gap-Managing Thinking

## 3pm-4pm

Eddie Sanchez - National Guard Service Registered Yoga Alliance (Vinyasa Practices)

# WEEK 2:

Friday January 28, 2022

## 9am-9:50am

Stretch – Meditation – Music Therapy

## 10am-12pm

Shauna Fenske MA LAMFT BS Relational Reconciliation Work -Family Restoration (Amending Personal Relationships, Establishing Healthy Connections Relationships\*Jess Mckenna-Veteran Wife (Acceptance, Understanding, Rebuilding)

## Lunch

## 12:30pm-1:30pm

Tom McKenna USMC Combat Veteran Reboot Recovery (Truth-Empowering Healing Soul)

## 1:45pm-2:45pm

Jess Mckenna USMC Combat Veteran Wife  
Understanding the affects a Veteran has on their family  
-Caring about one another in our relationships

## 3pm-4pm

*John Henka* - Corporal in the U.S. Marine Corps  
CEO Lockleed International – Veteran Employment  
*Thomas Lochen* Military Outreach Coordinator  
Job Preparation – Corporate Interviews  
Company Support Systems

\*Polite Reminder of Building Credible Character  
Being Reliable, Keeping Agreements, and Staying Committed to Positive Change.

# WEEK 3:

## Becoming Better Than You Have Ever Been!

### **2 Corinthians 4:8-9**

<sup>8</sup>We are afflicted in every way, but not crushed; perplexed, but not driven to despair; <sup>9</sup>persecuted, but not forsaken; struck down, but not destroyed

**“I step out of an old identity of disabled veteran and in to a new one as an honorable returned warrior. I finally hear a call to warriorhood that I can answer”  
-The Warrior’s Return by Dr. Edward Tick**

**Philippians 3:13 “Brothers and sisters, I do not consider that I have made it my own yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead”**

# WEEK 3:

Tuesday February 1, 2022

## 9am-9:50am

Stretch – Meditation – Music Therapy

## 10am-12pm

Roy Kammer

Code of Ethical Conduct for Veteran Peer Recovery Specialists

\*Effective Ways to Utilize Decision Making Models

## Lunch

## 1pm-3pm

Roy Kammer – Director of Minnesota Certification Board (MCB)

Becoming a Peer Recovery Support Specialist-Veteran Advocacy/Resource Navigation

-Personal & Professional Development

-MCB Process Certification Training Opportunities/Career Possibilities

## 3pm-4pm

Hartman Team's Strength Training & Physical Conditioning-Challenge Character Effort

# WEEK 3:

Wednesday February 2, 2022

## 9am-9:30am

Stretch – Meditation Walk

Jon Engfer MPS LADC CPRS - Recovery Coach

4 Agreements Teaching (Feed your heaven or feed your hell)

1-Be impeccable with your word 2-Don't take anything personal 3-Don't Make Assumptions 4-Do your best\*Improving Thought Awareness/Motives Better understanding intentions to keeping agreements, staying committed to positive change, and honest efforts towards healthier outcome.

\*Considering: (It is the quality that empowers Marines to exemplify the ultimate in ethical and moral behavior: to never lie, cheat, or steal; to abide by an uncompromising code of integrity; to respect human dignity; and to have respect and concern for each other.)\*Polite Reminder of Building Credible Character, Keeping Agreements, and Staying Committed to Positive Change.

## 10am-12pm

**Hannah Holden (US Marine Female Veteran)**

-Certified Life Purpose & Narrative Coach

-Cultivating Purpose- Authenticity –Listening Intuition

-Self Elected Leadership

## Lunch

## 1pm-2:30pm

Leadership – Colonel Jim L. Kline (Retired USMC) Character Building – Maintaining Responsibility - Ethical Values\*Personal responsibility for the pursuit of their own success.

-Active engagement towards positive outcomes and getting good results.

-Process forward and continue to make recovery progress.

## 3pm-4pm

Tonya Degregorio Health & Holistic Coach- AFAA Certified

Nutrition- Physical Conditioning-Fitness training

# WEEK :3

Thursday February 3, 2022

**9am-9:50am**

Stretch – Meditation Walk

**10am-12pm**

Sue Hoisington Psy. D/LPCC Mental Health-Addressing & Educating Mental Health (Symptoms, Substance Use Effects, Opioids, & Treatment Modalities)

**Lunch**

**1pm-3pm**

Sue Hoisington Psy. D/LPCC Mental Health-Addressing & Educating Mental Health (Symptoms, Substance Use Effects, Opioids & Treatment Modalities)

**3pm-4pm**

Eddie Sanchez - National Guard Service Registered Yoga Alliance (Vinyasa Practices)

# WEEK :3

Friday February 4, 2022

## 9am-9:50am

Stretch – Meditation – Music Therapy

Video <https://youtu.be/7BPQq9QdEC0>

## 10am-11:30am

Christine Bongiovanni-Stiff

Certified Life Coach

\*Mental Health Fitness Mind conditioning towards best self version/Positive Intelligence

## Lunch

## 12:30-2:30pm

Amanda Hooper - MA Military Psychology

Trauma Informed Care

-Addressing Effective Pathways for Growth

-System Integration

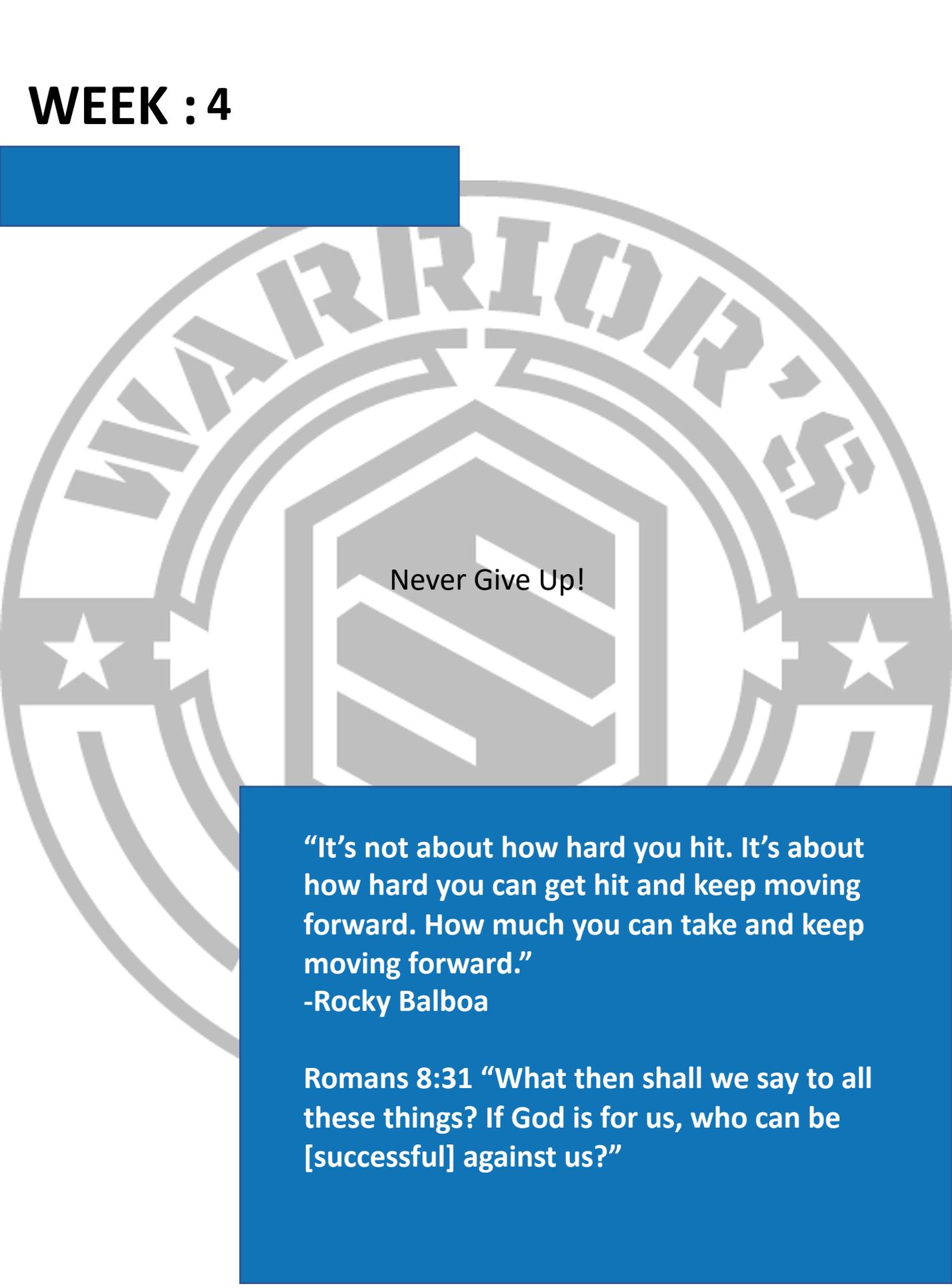
## 2:30pm-4pm

Bill Butters – Hockey Ministries International

Former Collegiate & Professional Hockey Player/Retired NCAA Hockey Coach

-Reach for Christ/Doing the Right Thing/Faith Development/Reach for Christ/Doing the Right Thing/Consistently working towards healthier outcomes/Demonstrating fidelity & being vigilant

# WEEK : 4



Never Give Up!

**“It’s not about how hard you hit. It’s about how hard you can get hit and keep moving forward. How much you can take and keep moving forward.”**

**-Rocky Balboa**

**Romans 8:31 “What then shall we say to all these things? If God is for us, who can be [successful] against us?”**

**WEEK : 4**

Monday February 7, 2022

**ETS Reverse Job Fair-Veteran Career Opportunities**

**12pm-1pm**

*John Henka* - Corporal in the U.S. Marine Corps  
CEO Lockleed International – Veteran Employment

*Thomas Lochen* Military Outreach Coordinator

Job Preparation – Corporate Interviews

Company Support Systems

**1pm-3pm**

MACV Amanda Hooper MA Military Psychology

Understanding Culture and Veteran Strengths

-Employers becoming more effective & establishing stronger  
veteran interactions

\*Employers Enebek Construction, Lyman Companies, LS Black

# WEEK : 4

Tuesday February 8, 2022

## 9am-9:30am

Stretch – Meditation – Music Therapy

## 9:30am-10:30am

Jon Engfer MPS LADC CPRS

\*Solution Focused Therapy-Person Centered Strength Based Perspective

-Moving Forward- Discipline & Maintaining Accountability and Responsibility- Character Virtues (Prudence, Fortitude, Temperance, Justice)- Ethics (moral principles that govern a person's behavior or the conducting of an activity) \*Right with You: Recovery can be done: Remove labels, utilize your inherent strengths & resources, validate what is right with you (You will defeat your problems)

-Spirit of self-help is the root of all genuine growth-Making Honest Efforts Towards Healthier Outcomes

\*Improving life & strengthening community (Honoring Brotherhood & Sisterhood)

## 10:45am-11:45am

Jon Engfer MPS LADC CPRS

Acceptance Commitment Therapy Approach (Reality/Moment/Opportunity to Improve)  
Understanding the strength of this Recovery Pathway-Psychological Flexibility

## Lunch

## 1pm-3pm

**Fort Snelling Northern Star Base Camp**

Veteran Team Building Challenges

\*How to effectively utilize each other's strengths

# WEEK : 4

Wednesday February 9, 2022

## 9am-10am

Stretch – Meditation – Music Therapy

## 10am-11:30am

U of MN Professor Fiyaz Karim Psy. D

Reclaiming Identity (Removing Labels-Rebuilding Self-Worth)

## Lunch

## 1pm-3pm

**Ron Buhta** (Navy-Vietnam Veteran)

Creative Artwork (Wood Sculpting/Painting Pictures)

## 2:45pm-3:45pm

Tom Mckenna ETS Founder (Marine Combat Veteran)

Tattoos of the Heart (Healing soul wounds & Moral injury)

\*Polite Reminder of Building Credible Character, Keeping Agreements, and Staying Committed to Positive Change.

# WEEK : 4

Thursday February 10, 2022

**9am-9:30am**

Stretch & Meditation

**10am-12pm**

Jennifer Weiglet

-Motivational Interviewing – Progress Forward towards Successful Outcomes/Getting Good Results

-Staying Committed to Positive Change Talk/Continuing to move in the right direction

**Lunch**

**1pm-3pm**

**The Greater Game - Rich Chapman**

\*Life is a Blessing Full of Responsibility

Consider the consequences-Build your confidence-Discover your why-Improve your stability- Sharpen your focus-Find your strength-Seek wise counsel-Commit to growth-Fight the resistance-Go for greatness

**3pm-4pm**

Eddie Sanchez - National Guard Service -Registered Yoga Alliance (Vinyasa Practices)

# WEEK : 4

Friday February 11, 2022

## 9am-9:30am

Stretch – Meditation – Music Therapy

Reconnection with values and beliefs. Virtuous Living Keys-Important Character Traits-Honorable Actions-Personal Integrity-Right Way of Living/Having a Moral Soul “Gaining Personal Confidence/Rebuilding Self-Worth” Link: <https://youtu.be/v1ojZKWfShQ>

## 10am-11:30am

Shauna Fenske MA LAMFT BS

\*Amending Family & Friendships- Personal Healing- Continued Relationship Building

## Lunch

## 1pm-2:30pm

Tom McKenna USMC Veteran- Reboot Recovery Be Free (Cost of Unforgiveness) Stop hurting ourselves

## 2:30pm-4pm

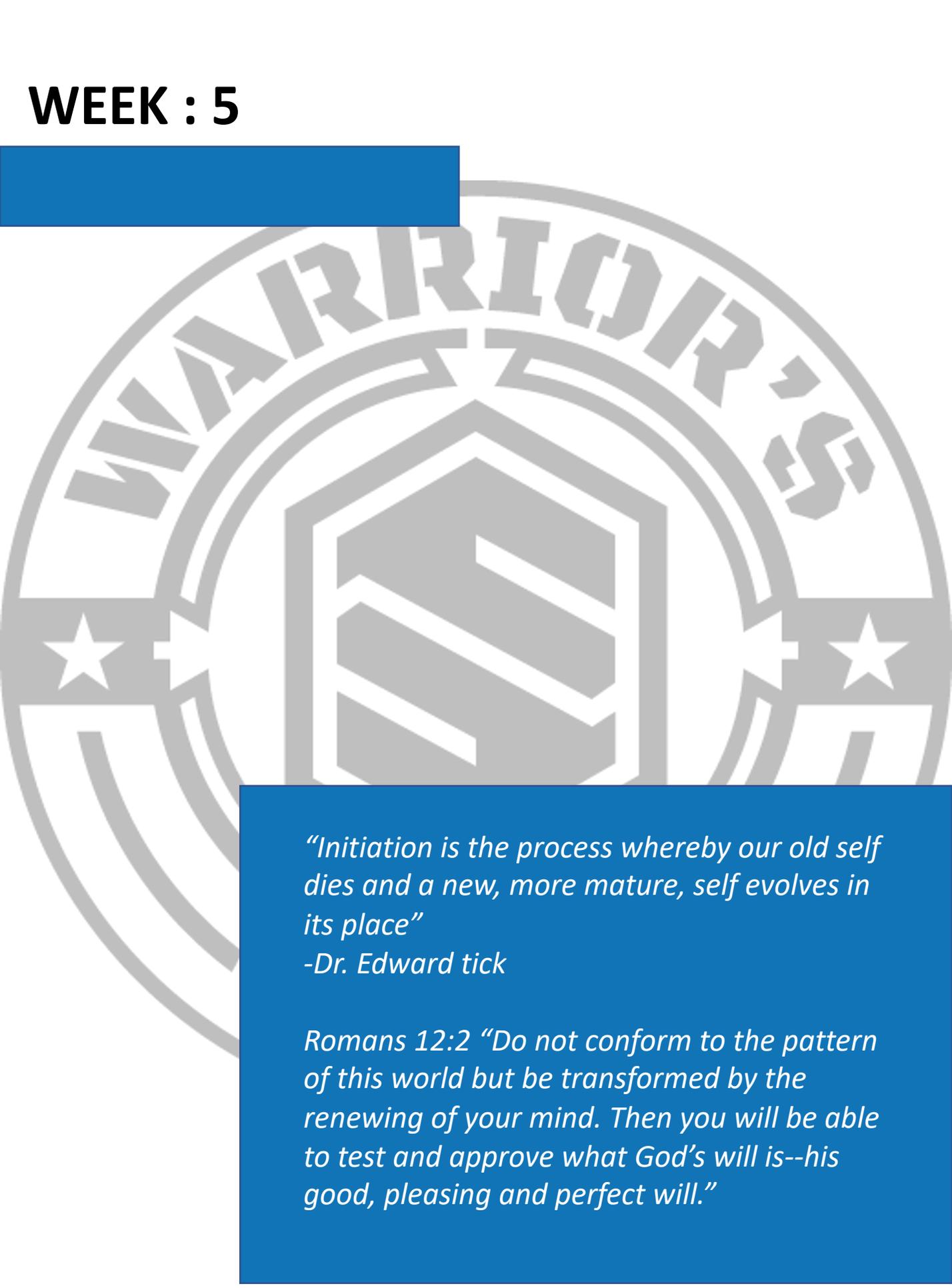
Jake Taylor (Faith through extreme struggle)

-Cross Fit Trainer/Retired Pro Hockey Player/Unbeatable Mind Certified Coach

Forged in the Fire

\*Reminder Message = Warrior’s Return – Soul Restoration – Ethos (Code of Moral Conduct)

# WEEK : 5



*“Initiation is the process whereby our old self dies and a new, more mature, self evolves in its place”*

*-Dr. Edward tick*

*Romans 12:2 “Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is--his good, pleasing and perfect will.”*

# WEEK : 5

Tuesday February 15, 2022

## 9am-9:50am

Stretch – Meditation – Music Therapy

## 10am-12pm

Men with Integrity (Demonstrated Character of Being Trustworthy)

Tradition Company Division President -Erik Hendrikson

Camber Road Partner -Steve Aronson

Owner Carlson Properties – Ted Carlson

## Lunch

## 1pm-3pm

*Col. David Rabb, (Ret.)*

Military Mental Health Commander

- Bringing clarity to moral injury and gaining spiritual insight on traumatic healing

## 3pm-4pm

Hartman Team's Strength Training & Physical Conditioning-Challenge Character Effort

# WEEK : 5

Wednesday February 16, 2022

## 9am-10am

Jon Engfer (Warrior's Path Counsel)

Stretch – Meditation

\*Identity Capital: Doing something in life that adds value to you (investment with who you want to be)

## 10am-11:30am

Community Service Leadership- Law Enforcement Andrew Schroeder (Minneapolis Police Officer – Guns Lead Unit)

\*Community Awareness/Civilian Responsibility - - Striving to build a foundation for a successful future for ourselves, our relationships, and community - Consistency with: Responsibility, Accountability, Respect, Initiative

## -Intention in Purpose

## Lunch

## 12:30pm-1:30pm

**Jon Engfer - Warrior's Path Director/Recovery Coach**

GROW MODEL - Faith-Fire-Focus (Removing Interference)

Faith: Compelling sense of mission and purpose vs. Fear/Doubt

Fire: Positive energy directed toward the accomplishment of purpose vs. Negativity/criticism/speculations

Focus: Clarity on key priorities and attention on every level vs. distraction/inconsistencies

\*Performance measure -Taking responsibility to becoming better

## 2pm-3pm

Tonya Degregorio Health & Holistic Coach- AFAA Certified

Nutrition- Physical Conditioning-Fitness training

# WEEK : 5

Thursday February 17, 2022

## 9am-10am

Jon Engfer (Warrior's Path Counsel)

Stretch – Meditation

(Educational Recovery Former Military Police Officer Inspiration- I am second (Recovery Motivation)

\*Identity Capital: Doing something in life that adds value to you (investment with who you want to be)

## 10am-12pm

John Henka - Locklead

## Lunch

## 12:30pm-1:30pm

Jon Engfer MPS LADC CPRS

Self-Management and Recovery Training (SMART)

Values Clarification Empowering Warrior's DNA (Spirit of Righteousness )

-Making Progress Towards Results

SMART GOAL-Worksheet

## 1:45pm-2:45pm

Mike Aune (Warrior's Path 2 Graduate) CPRS Test Requirements/Review

## 3pm-4pm

Eddie Sanchez - National Guard Service Registered Yoga Alliance (Vinyasa Practices

# WEEK : 5

Friday February 18, 2022

## 9am-9:50am

Jon Engfer MPS LADC CPRS

Health Realization HR-focuses on the nature of thought and how it affects one's experience of the world. Students of HR are taught that they can change how they react to their circumstances by becoming aware that they are creating their own experience as they respond to their thoughts, and by connecting to their "innate health" and "inner wisdom." (Addressing 3 principles)

## 10am-11:30am

Christine Bongiovanni-Stiff

Certified Life Coach

\*Mental Fitness & Mind conditioning towards best self –version/Positive Intelligence

## Lunch

## 12:30pm-1:30pm

Tom McKenna USMC Combat Veteran-Combat Reboot Recovery When you have loved and lost (We are made strong)

\*Made on Purpose - Rebuild Positive Image

Being Accountable & Consistent (Having Good Character & Personal Integrity)

## 3pm-3:45pm

**Warriors Path Graduation Ceremony**

**"True happiness comes from doing good in life".**

**Moving forward: When we do the right thing for the right reasons the right things start to happen! Keep fighting the Good fight.**

# Graduation

**Staying Committed to Positive Change, Striving to Do Your Best!**

**“And here you are, continuing on, despite how hard it has been.”**

**Philippians 4:13 “I can do all things [which He has called me to do] through Him who strengthens and empowers me [to fulfill His purpose—I am self-sufficient in Christ’s sufficiency; I am ready for anything and equal to anything through Him who infuses me with inner strength and confident peace.]”**

**Galatian’s 6:9 “Don’t get tired of doing what is good. Don’t get discouraged and give up, for we will reap a harvest of blessing at the appropriate time.”**

**The better you do the better we are! Force of Good Building a Healthier & Safer Community.**

**KEEP IMPROVING AND KEEP GETTING BETTER!**