



# **GOLDEN EAGLE TRAINING & SAFETY**

## **"Before, During and After a Conflict"**

### **Course Description**

*The "Before, During and After a Conflict" was designed by Golden Eagle Training and Safety to provide to individuals the many stages and changes the body goes through when confronted with a deadly or non-lethal attack. The course will explain the changes and how to recognize some of these stages. Before every conflict, the body will go through several physiological and psychological changes that can affect how a person responds. During the conflict the body continues to go through several stages and the course describes these changes and how to recognize them. After every conflict the body will react to these changes and not being able to recognize these changes and take appropriate action, can lead to further problems. The course lays out what these changes are, when to recognize them and how to perform with them or around them.*

#### **Course Content:**

- *The three stages of every conflict.*
- *How the body reacts to a serious conflict and how the ability to think is affected.*
- *Mental states during a conflict.*
- *What variables are present when these changes take place.*
- *How to recognize these changes when taking they occur.*
- *How to prepare for most of the stages.*
- *Variables that are present to aid an individual in reacting with these changes.*
- *Five methods of controlling the stages.*
- *What can occur if the changes are not recognized and how they can effect an individual.*