

# De-escalation Academy Schedule

MONDAY  
JAN 11

## Kick-off!

Make sure you've received your login. Begin submitting questions to Myra.

## Academy Notes

Inside De-escalation Academy, we release each training module day by day. We do this to help you stay focused, on track, and to eliminate any unnecessary overwhelm.

Your calendar gives you the release date for each module. To support our global audience, we release modules the night before training day at 7:00 pm ET. So, Module 1 opens at 7:00 pm on Monday.

TUESDAY  
JAN 12

## Day One

Psychological Communication  
(*Building confidence & influence*)

## Classroom

Approximately 30-minutes of lessons

## Activities

Expect to spend around 20 minutes practicing psychological priming, removing yourself as a threat, and on your confidence sheet. You can work on your supplemental assignments between your lessons or as homework.

WEDNESDAY  
JAN 13

## Day Two

Tactical De-escalation Maneuvers + Saying 'No' and Denying Requests

## Classroom

Approximately 28-minutes of lessons

## Activities

Expect to spend around 15 minutes practicing the echo tactic, saying 'no' in two of your most challenging scenarios, and setting a S.M.A.R.T. goal. You can work on your supplemental assignments between your lessons or as homework.

THURSDAY  
JAN 14

## Day Three

The 4R De-escalation Method

## Classroom

Approximately 17-minutes of lessons

## Activities

Expect to spend around 20 minutes preparing to de-escalate using the 4R Method. You can work on your 4R Conversation Form between your lessons or as homework.

FRIDAY  
JAN 15

## Day Four

Graduation + Certificates + Q & A

## Highlights

We'll celebrate your accomplishment, and I'll answer your questions!

Approximately 45-minutes of Q & A