



READY - AIM - FIRE

Healing & Empowerment Through Marksmanship

Mental well-being and marksmanship skills are uniquely combined for an empowering workshop that focuses on resilience and growth.

Get ready to be inspired to overcome current challenges and past traumas, target specific life skills that build a resilient mindset, and fire with confidence to hit your life goals.

- Turn down acute stress reactions
- Engage self-regulation techniques
- Cease internal negative thoughts
- Achieve positive life outcomes



Abigail
Manning



Create Awareness...Change Lives, Inc.

Abigail is an international speaker and workshop instructor on emotional intelligence, mental fitness and enhanced life skills. She combines an Indiana University double major in Cognitive, Social and Behavioral studies with her firsthand life experiences of overcoming childhood abuse, domestic violence and PTSD. As Founder of Create Awareness...Change Lives, her innovative curriculum inspires clients to authentically thrive as individuals and prosper as teams. She is a proud mom of U.S. Marines and has a heartfelt passion for serving others.



Paul
Peng



SENTRI[®]
INSTITUTE, INC.

Paul is an Army Military Police veteran with two combat tours to Iraq. He is a security operations expert with extensive experience working with foreign dignitaries, heading training programs in Iraq and as the head section leader of his squad-based unit. His leadership and practical experiences led to creating SENTRY Institute, a firearms and security operations training company. Paul is a certified BSIS, NRA and DOJ Firearms Instructor, CCW Training Provider, and Active Shooter Survival and First Aid/CPR/AED Instructor.

To register or gain more information about this on-line and in-person workshop contact abigail@abigailmanning.com and paul@sentriinstitute.com