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# WHEN THAT DAY COMES

## Training for the Fight

CHRISTOPHER HOYER

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### BIO

Retired Phoenix Police Officer, Christopher Hoyer is a protector, survivor and advocate for mental, physical and emotional wellness. After twenty-plus years as a street cop, having been faced with the worst horrors imaginable, he has turned his focus to public speaking, helping the law enforcement community prepare for the trauma that comes with the job. He has spoken to thousands, including first responders, mental health professionals and various professional entities, sharing his story in hopes of saving lives.

With two grown children, one grandchild and having retired honorably, the ultimate dream move was achieved in San Diego where he now works as a full time instructor for the Marine Corps Police Academy.

### MISSION STATEMENT

To recap my twenty-plus-year career as a street cop—what I did right, what I did wrong and how I survived and to provide effective strategies to law enforcement for mental, physical and emotional wellness over the course of a career.

**When that Day Comes: Training for the Fight** is a comprehensive approach to law enforcement survival from three categories:

### MENTAL

- Basic methods to out-think the bad guys
- Utilizing different techniques to stay ahead of the curve
- Role-playing on a street enforcement level

### PHYSICAL

- Gear set-up and tactical considerations for deploying
- Fitness, as it relates to law enforcement
- Weapons systems capabilities and drawbacks

### EMOTIONAL

- Critical incident awareness
- Recognizing signs of stress
- Ways to cope and heal

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**For a more detailed account history of my life as an  
Officer please take a look at my book.**

