HEALING
BEHIND THE BADGE

CAPABILITY STATEMENT

Anthony Pymm

Speaker · Author · Principal Consultant

27 years in policing and still serving.

Detective Sergeant, trainer and founder of Healing Behind the Badge Consulting.



WHY BRING ANTHONY IN?

When pressure follows people home.

Anthony brings operational experience, detective training and lived experience of PTSD and recovery to conversations about what people carry at work and at home. He helps teams notice strain sooner, find the words for a difficult conversation and decide what to do next.

WHO IT'S FOR

First responder teams, managers and leaders, and other workplaces where people work under sustained pressure. Keynotes can also be tailored for schools, sporting clubs and community audiences.

> "Anthony's presentation was fantastic and really resonated with my team. His honest insights into his recovery journey and building mental resilience were exceptional."
>
> **Justin · Fire Commander · Perth ARFFS**

Speaking, training and consulting

SIGNATURE KEYNOTE

Proof of Life

“I didn’t bounce back. I rebuilt.”

A lived-experience keynote on accepting a PTSD diagnosis, reconnecting with family and returning to operational duties. It opens a conversation about reaching out and what rebuilding can look like.

Resilience training

For teams under sustained pressure. Spot the strain that deadlines can hide and choose one workload change to trial, with someone responsible for reviewing it.

Trauma-informed leadership

For supervisors and managers. Practise opening a private check-in, listening without forcing disclosure, agreeing on follow-up and knowing when to involve further support.

Consulting and culture

Review your existing wellbeing approach, identify gaps and agree on practical changes that support trust and psychological safety. Scope and deliverables are agreed together.

AFTER THE SESSION

Continue learning with Before the Breaking Point, self-paced online courses, the free wellbeing app and digital tools. Organisational Digital Wellbeing Library licensing is available by agreement.

Workshops draw on RESPOND and the Four Pillars. We agree the format, scenarios and takeaways before booking, along with any follow-up.

Discuss a session for your team.

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