

110 Cleveland Drive
Paris, KY 40361



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The Kentucky Fire Commission is pleased to sponsor an IAFF-led Resiliency Training class later this year in Lexington. Learn about key concepts to gain resiliency-building skills that can be applied both in and out of firefighting. This training is free of charge. Please visit the registration link below to reserve your spot. You do not have to be a member of the IAFF to participate. There are a limited amount of seats.

Resiliency training will teach you how to:

- Assess your current level of individual resiliency
- Respond to stress with positive, flexible thinking
- Increase positive social interactions on and off shift
- Experience more positive emotions during the day
- Manage stress through tactical breathing, meditation and mindfulness
- Challenge personal and occupational barriers to good nutrition and exercise
- Build meaning and purpose in your daily life through spirituality

IAFF Resiliency Training September 2026

Date: September 9-10, 2026

Time: 09:00 – 17:00 Eastern

Location: Lexington Local 526 Union Hall

Address: 2205 Thunderstick Drive

City/Zip: Lexington, KY 40505

Registration Link:

https://my.iaff.org/Web/Contacts/SignIn_withCreateNewAccount.aspx?LoginRedirect=true&returnurl=/Web/Events/Event_Display.aspx?EventKey=HS2026_087

Registration Tips

- Pre-registration is required for all students. Students cannot register on behalf of another student
- Students will need their IAFF username/password to register
- If a student has forgotten their IAFF username/password, they should follow the prompts to retrieve their forgotten credentials
- If an IAFF member or non-member has never established an account, they should follow the prompts on the log in screen to do so

If you have any questions regarding this event, please contact Bruce Roberts at bruce.roberts@kctcs.edu or (859) 256-3481.