

SEEDS *of* LEADERSHIP

Spiritual wellness is officer safety.

Law enforcement officers are eight times more likely to die by suicide than in the line of duty. Issues like PTSD, depression, and the latest data suggest divorce rates are higher than the normal population. Police work is intrinsically spiritual. Officers strive to do good, meet people at their most difficult times, and try to bring them hope. Yet, when they return to work, their leaders focus solely on mental and physical toughness, avoiding discussions on spiritual wellness or personal relationships.

For decades, addressing officers' mental health has been discussed in police leadership, but the battle continues to be lost as their approach hasn't changed; doing the same thing and expecting different results is the definition of insanity. If leaders continue to miss the critical component of spiritual wellness, officers will remain trapped in this cycle. Author David A. Ogden is passionate about helping first responders become better leaders at home, work, and in the community. It is his prayer that officers will read, relate, and apply the leadership lessons he shares over the next 100 days.

DAVE OGDEN has excelled as a law enforcement executive, accumulating over three and a half decades of experience in police work. Currently serving as the Chief of Police in the Town of Windermere, he has orchestrated a successful transformation within the agency, creating a team that leads with honor, integrity, and selfless service. Our team has earned our community's respect only through creating a new culture. Dave firmly believes that leadership is synonymous with discipleship, emphasizing the importance of radiating God's light to cultivate trust in the relationships he encounters.



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OGDEN

A 100-Day
Devotional

SEEDS *of* LEADERSHIP

SOWING THE FOUNDATIONS OF EXCELLENCE
in FIRST RESPONDERS



David A. Ogden