

## Steve Sheridan

Steve is a retired state of Florida law enforcement Lieutenant after over 14 years of service. He has continued his dedication to law enforcement as a part time deputy for 6 years and now as a Reserve Officer with the local community college assigned to the training division (23 years in police work). He has over 30 years of teaching experience with over 20 years as a lead instructor for Florida's State Police Academy, designing and implementing highly specialized courses and programs in firearms, defensive tactics, and high-risk vehicle and vessel stops. He is currently an adjunct instructor for the Florida Public Safety Institute (FPSI) where he teaches Basic Recruit Defensive Tactics and various patrol related subjects. He also teaches advanced firearms, defensive tactics and leadership courses for FPSI. He has supervised and trained the state's Special Operations Group (SOG), an integral part of Florida's homeland security initiative. He was inducted into the Police Hall of Fame for Life Saving in 2010. On his own initiative he developed and funded the special teams challenge coin which ended up stopping a 45 caliber round, saving the life of a fellow officer.

He has been teaching crisis prevention, target-hardening, and self-defense for over 30 years, developing programs for students, families, agencies, and corporations nationwide. He is currently a BOW Personal Safety Instructor (Becoming an Outdoor Woman) for Florida. He is the founder of the Fortress Fighting System ®.

Steve has a B.S. degree in Sociology with a minor in Criminology from FSU (1994), and he holds a Masters in Adult Education from University of Phoenix (2010). He is the founder and president of the Leadership and Training Research Institute (LTRI) in Tallahassee, Florida and has presented leadership courses for numerous organizations including the U.S. Virgin Islands Police Department, Florida Alcohol, Beverage, and Tobacco (ABT), Capital Regional Medical, FBMC, and others. He is the Director of Training for De-Escalate which teaches verbal de-escalation skills to Police and Corrections, Schools, Security Personnel, and Hospitals having taught numerous agencies in Florida and several agencies in Nebraska. He owned and operated Arsenal Martial Arts in Tallahassee, Florida for 7 years before passing the school to his students to run in 2019.

He is also a logical voice in the De-Escalation and Force discussions having presented on the topic around the country since 2015, including presenting for the 2019 ILEETA conference. He is currently in the process of providing instruction in the Cognitive Warrior Initiative; an open, honest, and researched approach to the issues facing law enforcement and the communities they serve. The Cognitive Warrior is also a podcast discussing the issues mentioned.

He became a published author in 2016 when his book "Florida Anyway You Can" became available on Amazon and Barnes & Noble. The book is an account of his becoming the first person to hike the Florida Trail and canoe the length of the state.