



Client: Disabled Police Association
Audience: Police Officers, Staff and DPA Members
Topic: PTSD, Stress, Depression and Support Conversations
Format: Two-Day Annual Conference Speaker
Focus: SLAP Technique, lived experience and workplace support

Helping Police Teams Navigate Stress, PTSD and Support Conversations

The Disabled Police Association invited Carl to attend their two-day annual conference and deliver his SLAP Technique to delegates. The aim was to provide an honest, practical and relatable session exploring PTSD, stress, depression and the importance of better support conversations within policing.

Carl delivered a tailored SLAP Technique session, combining lived experience, humour and practical guidance to help delegates understand how stress and trauma can affect individuals. Drawing on his own policing background and personal journey, Carl gave the audience a memorable framework for supporting others while also recognising the pressures they may be carrying themselves.

Impact

- ✓ Delegates described the session as engaging, tangible and real.
- ✓ The talk gave the audience practical language for discussing stress, PTSD and depression.
- ✓ The SLAP Technique was recognised as a tool that could be used more widely.
- ✓ Carl closed the conference with energy, humour and emotional impact.
- ✓ Senior leaders were encouraged to hear the message.

Organiser feedback

"Thanks so much for coming both days and ending the conference on a high. You certainly have an amazing talent for raising laughter despite tough conversations."

"You had the whole audience in awe as you delivered your speech."

"The SLT need to all have the talk you gave! And the Commissioner! Well done, it was very good."

Delegate feedback

"The session with Carl was a real eye-opener."

"Fantastic talk, very tangible, engaging and real. Hit a nerve."

"S.L.A.P should be used all the time."

"Best speaker at the conference."

"Delivered in such a professional way. So engaging and what a way to finish the conference."



CARL JONES - THE CAVEMAN Keynote Speaker

Helping teams understand stress, capacity and change through practical, memorable storytelling.



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