



Teach
Learn
Lead

Paul Strong - 3 Sixty Training
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**Paul Strong | Battalion Chief
Valley Regional Fire Authority**



Paul Strong entered the fire service in 1990 and is currently a Battalion Chief at the Valley Regional Fire Authority in King County Washington. Paul has been an educator in the public and private sectors for over 24 years. He has served as a training officer, medical program specialist, haz mat technician, and a rope/dive rescue technician. He is also an adjunct instructor for the Washington State Fire Training Academy as well as the Washington State Criminal Justice Training Commission. Paul's focus in education is providing energetic programs that keep the audience engaged through interactive participation and thought provoking delivery. Paul has well over two decades of delivering effectual classroom and conference programs to police, fire, and EMS personnel as well as private business leaders and industry workforce.

Presentation

“Going the Distance on Your Road to Leadership”

PROGRAM LENGTH: 2 hrs. – ½ day (Modified to meet the needs of the hosting agency)

BRIEF DESCRIPTION

This class is about living your life as a leader by developing and reinforcing daily habits and setting goals that you put into action to strengthen your leadership development. We will go beyond the usual discussion of character traits and map out a course of action that will put you on a road of successful personal growth. Whether you're a seasoned veteran or just starting out, this class offers a plan of action to fit everyone as we identify the high standards of leadership, your current performance, and how to close the gap. This interactive class will get you to think about yourself from a broad perspective and help you identify where you can start, or strengthen, your leadership development.

DETAILED DESCRIPTION

Participants will identify how to reinforce or change patterns of behavior in order to strengthen leadership transformation and development and apply leadership skills to everyday life. In addition, they will realize how specific goal setting produces desired results with leadership actions and behaviors. We will also discuss how to change others' perception of you as you focus on your leadership goals through practice and practical application.

As a student of the fire service I have a passion to maintain high expectations for myself. Given my opportunities to gain the experience that I have, my passion has focused on the responsibility to pass it on. This interactive class will compel the participants to reevaluate some of their actions and behavior and to make change as they develop, or reinforce, their leadership skills. We will walk through a few of the most important



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characteristics of leadership but, more importantly, *how* to implement these characteristics in everyday life. The process of transformation and changing perception will be studied and I will provide a detailed look at the types of goal setting that strengthens leadership behavior. My goal is to go beyond the typical leadership class as we discuss how to put it all into action to change habits and develop a new normal of the leader within you.

The purpose of this class is for the participant to gain a comprehensive understanding of how to use the tools they're familiar with to create or strengthen a leader's foundation in their personal development. The learning objectives create a "to do" list the participants can immediately follow that will support leadership development. These objectives include creating and strengthening daily habits that support leadership characteristics and to recognize and take advantage of these opportunities, setting specific goals that are supported by your actions and behaviors as you create the "new normal" of you, learn how to take necessary steps to develop a favorable perception of you in other people's eyes, and to define the high standard of leadership - where you currently stand, and how to close the gap.

THE TARGET AUDIENCE AND THE PRESENTATIONS RELEVANCE TO THE AUDIENCE

This class is for everyone. The experienced chief and the newest rookie will gain valuable insight into the process of tapping into the toolbox of brainwork where leadership habits are developed and strengthened. Leadership is about people, the fire service is about people, and great leaders understand how to live their lives as leaders so that putting others first is natural to them. This interactive class puts the pieces together for all members of the fire service.

WHY I AM SUBMITTING THIS TOPIC AND MY RELATED EXPERIENCE

I am submitting this topic because my presentation goes beyond the typical leadership class. Most leadership classes simply talk about characteristics and traits of a good leader and then give examples of these in the work setting. My presentation goes the distance and discusses the steps to take that supports behavioral change and strengthen leadership skills and how to put it all into action. The basis of my class is not just how to be a leader, but how to live your life as a leader. Arguably, there are no leadership experts, but my leadership experience is encompassed by 25 years of public service in various ranks and 18 years leading my family and various volunteer organizations. My experience also includes research in leadership and the neuroscience of addiction and habits. My successes, failures, experiences, and research have given me the tools to deliver this class in a manner that gets people engaged, excited, and involved.



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EDUCATION AND TRAINING

2015-Present	B.S. Fire Administration Program – Columbia Southern University
2006	A.A. Fire Science Degree - Bellevue College
2016	National Fire Academy – Managing Officer Program (2017-2019 class)
2006-Present	FEMA ICS 100, 200, 300, 400, 700, 800
2011-Present	FEMA National Fire Academy Leadership I and II
2015	IFSAC Fire Officer II Level Certification
2015	Blue Card Command Certification
2016-Present	Wildland Red Card Certification
2009	Zone 3 Truck Academy
2007-2011	Rescue Systems I – Rope Technician
2003-2011	Dive Rescue I and II - Technician
1991-1994	Hazardous Materials Technician
1994	Risk Management -Accident Prevention in the Workplace (L&I)

PROFESSIONAL EXPERIENCE / DEVELOPMENT

2017-Present	Battalion Chief
2006-2017	Fire Captain
2016-Present	King County Zone 3 Fire Coordinator
2016-Present	Firehouse Expo Planning Committee Member
2011-Present	Conference Presenter / Educator – Regional and National
2006-2011	Department Training Officer
2006-2011	Budget Preparation and Management (Training Division)
2006-2011	King County Training Officers / Zone 3 Training Officers Association
2014-Present	WA State Fire Training Academy – Adjunct Instructor
2007-Present	WA State Basic Law Enforcement Academy – Adjunct Instructor 1st Aid
2008	“RIC for REAL” program development – 400 firefighters, Zone 3
2004-2016	First Aid / CPR program administrator / instructor coordinator
2002-2011	Technical Rescue Team
1999-2006	Medical Shift Specialist
2005-2011	Union Local Shop Steward
2007-2011	Joint Apprenticeship Training Committee (JATC) Employer Rep.
1999-2005	Pre-Incident Plan development team
2002-2014	Fire Department Health & Wellness Team Member
2012-Present	Program Developer – “Going the Distance on Your Road to Leadership”
2015	SKCFTC Training Advisory Group
2010-2011	Zone 3 Fire Ground Practices Re-Write Committee
2013	Hose handling curriculum development / training delivery
2005	The “Heart of Auburn Schools” campaign
1992-Present	First Aid / CPR Instructor
1998-2007	Auburn Schools “Think Again” instructor (Impaired Driving Education)



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PUBLIC SPEAKING AND FIRE SERVICE TRAINING EXPERIENCE

Conference speaker / presenter:

- Firehouse World 2016-2017
- Firehouse Expo 2016
- FDIC Indianapolis 2013-2017
- Washington State Fire Training & Safety Officers Conference 2011-2012
- IAFC Fire Rescue International Conference 2011-2012
- Leadership instructor at the Washington State Fire Training Academy

Additional Education Delivery:

- Former member of the King County Fire Training Officers Association
*Providing quarterly classroom and drill ground training to 34 fire departments
- First Aid / CPR instructor
*I teach 20-30 public and private classes annually
- For 9 years I taught a drinking and driving education program at 7 high schools
*I presented the program in 600 classrooms and more than 13,000 students
- I spent 4 years in the training division in my department developing, delivering, and evaluating training for 113 members