

Christopher Littrell – Instructor Biography

Christopher Littrell is a seasoned instructor, retired law enforcement professional, U.S. Air Force veteran, author, and leadership consultant with more than two decades of experience in public service and adult education. He brings a practitioner's perspective to the classroom, blending real-world experience with evidence-based leadership, communication, and wellness strategies.

Chris served in law enforcement for over 20 years, including assignments in patrol, investigations, and on a regional SWAT team. Throughout his career, he was consistently entrusted to train new officers, lead in-service instruction, and facilitate after-action debriefs following critical incidents and high-risk operations. His training philosophy is grounded in open, honest, and professional communication—principles he learned in tactical environments and now applies across all of his courses.

Following his retirement, Chris founded Gravity Consulting & Training, where he designs and delivers professional development programs for law enforcement agencies, frontline personnel, corporate teams, and community organizations. He has instructed for police departments, sheriff's offices, behavioral health crisis response teams, correctional professionals, local governments, and private-sector organizations. His training topics include leadership in conflict, emotional intelligence, stress and resilience, trauma-informed communication, ethical decision-making, threat assessment and response, wellness and longevity, and adaptive leadership.

Chris is also the creator and host of the Gravity Podcast, a leadership and wellness platform with hundreds of episodes featuring professionals from law enforcement, healthcare, the military, and business. The podcast extends his instructional reach by providing accessible, real-world lessons on leadership, resilience, and personal growth.

As an author, Chris wrote the memoir *Echoes from the Street* and writes a column for Police1.com. He frequently incorporates storytelling, facilitated discussion, and reflective exercises into his instruction, helping participants connect tactical skills with mindset, values, and long-term performance.

Chris is known for his engaging, practical teaching style and his ability to connect with diverse audiences. Whether working with new recruits, seasoned professionals, or corporate leaders, he creates learning environments that are interactive, accountable, and growth-focused. His mission is to develop resilient, ethical, and emotionally intelligent leaders who are prepared to make sound decisions under pressure and lead with purpose.