

Bob Christmas “Doctor Bob Cop”

Bob has been a police officer for over 30 years. He has four children of his own and has a passion for helping people to be their best selves. Bob had to quit school when he was young, to join the workforce, but he always knew education is important. As a young adult he went back and finished high school and eventually finished his degree. Even later in life, after 18 years as a police officer, Bob finished his master’s degree and then a Doctorate at the University of Manitoba.

Project 11 staff like to call him, Doctor Bob Cop. Bob has published three books and many papers on justice issues. He loves encouraging people of all ages to fulfil their educational goals as he did. Bob is also a devoted tai chi student; for Project 11, Bob did a series of videos with relaxing tai chi exercises that can help people of all ages, including young students to relieve stress.



Bob Christmas, PhD

Visit: <https://bchristmas.com>