

COURAGE • GROWTH • COMMITMENT

POLICE COMMAND STAFF WELLNESS AND RESILIENCE MULTI DAY WORKSHOPS

During your career, you have experienced stress and witnessed traumatic events, with many having a lasting impact on your health and well being. You may find that you tend to push down feelings and carry on as usual, even though you may be struggling to process high levels of stress, fear, guilt, and grief.

With other Command Staff, you will strengthen skills so that others will continue to see you as a respected, competent, and compassionate leader. You will learn how to improve work-life balance while creating a healthier workplace.

Together, you can take the time to focus on personal and organizational resilience, while balancing assertiveness that fosters trust at all levels of your organization.

Objectives:

- Resilience workshop
- Burnout & compassion fatigue
- Retire well strategies
- Connection & understanding
- Post traumatic growth practices
- Responder home & family life
- Group & individual mental performance training



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