

EMOTIONAL SURVIVAL FOR THE FEMALE ENFORCER

Surviving the 24/7 of the Profession



HOST: HAMILTON TOWNSHIP POLICE DEPARTMENT

LOCATION: Warren County Educational Service Center
1879 Deerfield Road, Lebanon, OH 45036

DATE: March 9, 2020 • 8:30 a.m. – 3:30 p.m.

Emotional Survival for the Female Enforcer focuses on overcoming the “24/7” aspect of a career which involves serving and protecting your community, home, and family. Managing all these demands can sometimes be the most difficult part of the job.

This course is designed to offer skills that can be easily and immediately put into practice. Emotional Survival begins by identifying the realities of stress and its effect on our physical and emotional wellbeing—both on and off duty. Students are taught the importance of “emotional intelligence” and its role in understanding and managing key stressors which lead to anxiety and burnout.

Our goal is to help female officers harness their ability to turn obstacles into opportunities for personal growth.

Course topics include:

- Identifying Unique Stressors
- Emotional Intelligence
- Balancing Home and Career
- The “Fallout”
- The Myth of the Magic Switch
- Available Resources
- Depression, Addiction, Divorce, and Suicide
- Working in a Male-Dominated Field
- Self-Control and Managing Emotions
- Having It All, Doing It All, Being It All
- The “Right Now Is the Right Time” Mentality

REGISTER ONLINE @ calibrepress.com

Single Registration: \$179

Groups of 3+: \$169 per person (use discount code AAA10)

Groups of 6+: \$149 per person (use discount code AAA30)

For more information or to register a larger group, please contact:
Linda Arnold at (630) 460-3247 or linda@calibrepress.com