

THIS TRAINING MAY QUALIFY FOR CPT CREDIT HOURS

EMOTIONAL SURVIVAL FOR THE FEMALE ENFORCER

Surviving the 24/7 of the Profession



Hosted by Hamilton Township Police Department

Located at Hamilton Township Police Department
7780 South State Route 48, Maineville, OH 45039

March 21, 2022 • 8:00 a.m. – 5:00 p.m.

As Law Enforcement Professionals, we want to be the best officer we can be, respected for the job we do and accepted as an integral part of the organization.

Emotional Survival for the Female Enforcer focuses on overcoming the “24/7” demands that exist in a career serving and protecting your community, home, and family. Managing those demands can sometimes be the most difficult part of the job. You are not alone.

Designed to offer skills that can be easily and immediately put into practice, we begin this course by identifying the reality of stress and its effect on our physical and emotional well-being both on and off duty. Once identified, we educate students on the importance of Emotional Intelligence and its role in understanding and managing key stressors that can lead to anxiety and burnout.

This seminar offers interactive discussions in managing personal relationships, embracing our Strong Professional Presence, managing “Priority Guilt” and Transitioning from “Officer to Off-Duty”.

Our goal is to help female officers enjoy it all by harnessing their ability to turn obstacles into opportunities for personal growth. Course topics include but are not limited to:

- Identifying Unique Stressors
- Emotional Intelligence
- Balancing Home and Career
- Burnout
- The Myth of the “Magic Switch”
- 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 ESFE10)

Groups of 6+: \$149 per person (use discount code ESFE30)

For more information or to register a larger group, please contact:
Kelsey Arnold at kelsey@calibrepress.com