

STRESS MANAGEMENT TECHNIQUES



Course Description: This 40 hour course is designed to enhance the officer's ability to deal with job related and personal stress. A general awareness of the causes and types of stress, as well as ways to resolve stress should lead to a more effective job performance. The course emphasizes application of stress resolution techniques. Students will develop a stress resolution plan that can be useful either on the job or at home.

This course includes physical training to include: stretching, calisthenics, isometrics and some cardio. Refrain from attending if you are on light duty, not cleared for physical training by a physician, recovering from or have physical injuries that prevents physical training or taking medication(s) that may interfere with physical training.

Course Objectives: At the end of this program, students should be able to:

- Identify the dynamics, causes, and impact of stress and assess students' stress levels
- Understand the interrelationship of nutrition, health, stress, exercise, and metabolism
- Understand how physical fitness is effective in managing stress
- Identify symptoms of critical incident stress
- Identify the effects of alcohol and drug use and the dangers of using legal and illegal substances to relieve stress
- Understand, adapt to, and deal with changes in their personal and professional lives
- Increase understanding of the dynamics of family and friends in managing stress
- Increase awareness of available resources and assistance programs for managing stress



Who Should Attend:

- Law enforcement officers
- Correctional staff
- Police service aides
- Dispatchers

Instructor: Lisa Gilbert is the CEO of No-Nonsense Training Solutions, Inc.™ Ms. Gilbert is a renowned, professional and engaging “no-nonsense” leadership developer, coach and conference speaker. She has over 18 years of experience strategically coaching and developing hundreds of individuals, leaders and executives in performance and career growth. She is a Certified Anger Management Specialist II, Emotional Intelligence Analysis and an FDLE CJSTC Instructor.

Fees: None for certified officers and authorized support staff.

End of Course Examination: CJSTC Rule 11b35.001 9(b): A student enrolled in a Commission-approved Advanced or Specified Specialized Training Program Course shall achieve a score of no less than 80% on the written end-of course examination. A student enrolled in a Specialized Instructor Training Course shall achieve a score of no less than 85% on the written end-of-course examination, exclusive of demonstration of any proficiency skills.

Attendance: Attendance at the initial class is mandatory. All students must adhere to the attendance requirements of the Criminal Justice Standards and Training Commission and the Rules, Policies and Procedures of the Institute of Public Safety.

Dress Policy: Your department's authorized training uniform. Law enforcement personnel not in uniform that are carrying exposed firearms must prominently display agency ID and/or badge at all times while on college property.

This course is applicable to either Mandatory Retraining or Salary Incentive; Federal I.D. #59-1216107.