



EMOTIONAL SURVIVAL FOR THE FEMALE ENFORCER

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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 Female Enforcers will focus on managing the 24/7 demands that exist in our current state of law enforcement as well as those unique stressors that can develop while protecting community, home and family.

You are not alone...

Designed to offer skills that can be immediately and easily 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 managing those key stressors that can lead to anxiety and burnout.

This seminar offers interactive discussions in managing personal relationships, dealing with the current uncertainty of the profession, 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.

Topics to be discussed:

- ✓ ***Identifying Unique Stressors***
- ✓ ***Emotional Intelligence***
- ✓ ***Myth of the "Magic Switch"***
- ✓ ***Balancing Home and Career***
- ✓ ***Having it All... Doing it All... Being it All***
- ✓ ***Self-Control and Managing Your Emotions***
- ✓ ***BURNOUT***
- ✓ ***Suicide, Addictions, Depression and Divorce***