

Class Descriptions

Emotional Intelligence

Emotional Intelligence (EI) is a key factor in determining professional and personal success and is the foundation of communication and resilience. This instructional block delves into the components of EI, interpersonal ability, self-awareness, self-regulation and social relationships.

Class Format: Presentation; Group Exercises; Individual Assessment or Exercises; 3 – 8 hour block.

Critical Incidents and Leadership

Leadership is put to the ultimate test during and after a crisis. During these critical times, why do some individuals in positions of authority fail to lead and others thrive, ultimately strengthening a department or agency, under enormous pressure. This instructional block focuses on the importance of self-awareness and self-regulation under pressure and stress.

Class Format: Presentation; Case Study; Group Exercises; Individual Assessment or Exercises; 3 – 8 hour block.

Resiliency and Coping

A law enforcement career can tax even the highest performing and balanced officer. This block focuses on human needs, self-regulation, stress vs pressure, post traumatic growth and spirituality. Tools and resources will be discussed. We suggest this block in tandem with Emotional Intelligence.

Class Format: Presentation; Group Exercises; Individual Assessment or Exercises; 3 – 8 hour block with option to add practical use of human performance tools, such as yoga, mindfulness and heart rate variability measurement. Additional time allotment will be custom designed for your needs and venue.

Spirituality and Preserving the Soul

The unique stressors that come with a law enforcement profession can add up and often leads to cynicism, isolation, depression and, ultimately, poor job performance. This block provides a backdrop to why this can happen to an officer and offers real tools and methods to help redefine and revitalize an officer's purpose and joy for life. We suggest this block in tandem with Resiliency and Coping.

Class Format: Presentation; Group Exercises; Individual Assessment or Exercises; 3 – 8 hour block with option to add practical use of human performance tools, such as yoga and mindfulness meditation. Additional time allotment will be custom designed for your needs and venue.