

LAW ENFORCEMENT SEMINARS LLC SYLLABUS

Course Title

Public Safety Wellness

Length of Course

12 hours

History and Purpose

The physical, mental, and emotional demands of modern-day policing can leave officers feeling frustrated, unappreciated, overworked, and burnt out. This, in turn, leads to more frequent absenteeism, poor job performance, questionable decision making, and disciplinary issues. Participants in this law enforcement-specific course learn the subtle yet severe stressors present in police work that lead to behavioral dysfunction. They are given resiliency strategies, tactics, and information to combat the negative effects of short- and long-term job-related stress. Participants will gain increased awareness and tools to improve their mental, physical, and financial health and to support their career longevity and productivity.

The course instructors are veteran police officers who offer holistic, proven methods and are passionate about improving the lives of their colleagues. Participants will leave feeling increased engagement in their daily work, a renewed perspective on their career, and with a framework and resources for living a more healthy, balanced, and successful life on and off duty.

Participants

This training is recommended for officers new to law enforcement, veterans, administrators, and retirees.

COURSE COMPOSITION

HOURS

1.0	Introduction and Course Overview	0.5
1.2	Stress and Management	3.5
1.3	Work Life/Home Life Balance and Improving Relationships	2.0
1.4	Physical Health and Well Being	2.0

1.5	Financial Literacy and Wealth Building	3.5
1.6	Summary/Critique/Graduation	0.5

Course Goals

Upon completing this training, the participants gain:

- **Tactics to help officers increase focus, responsiveness and effectively deal with stress**
- **Coping strategies to build resilience in response to trauma**
- **Ideas for incorporating healthy habits into daily routines**
- **Guidelines for establishing balance at home and at work**
- **Strategies for improving professional and personal relationships**
- **Simple methods to improve overall physical health, reduce fatigue and improve diet**
- **Transformative personal finance principles**

Section Title: Introduction and Course Overview

Learning Goal: Instructors will describe goals and objectives, as well as participant responsibilities. An overview of the course material will be presented. Participants and instructors will introduce themselves.

Performance Objectives: Participants will have an understanding of course content and topic areas.

Section Title: Stress and Management

Learning Goal: Instructors will present an overview of the sources of stress in law enforcement and examine police suicide, including early warning and prevention protocols. Models for stress management, resiliency building and police specific resources for times of crisis will be explored.

Performance Objectives: Participants will understand and recognize short- and long-term effects of stress and will be empowered to proactively use resources and to create open dialogue with colleagues.

Section Title: Work Life/Home Life Balance and Relationship Improving

Learning Goal: Instructors will explain reasons why balance is difficult in law enforcement. Techniques for preventing over investment by establishing boundaries will be discussed. The causes, long term effects and remedies of hypervigilance will be presented. The value of vulnerability in personal relationships will be explored.

Performance Objectives: Participants will recognize methods to increase balance and improve relationships both at work and at home, leading to greater happiness and job satisfaction.

Section Title: Physical Health and Well-Being

Learning Goal: Instructors will present an overview of the effects of fatigue and job-related sleep deprivation. The benefits of Cognitive Behavioral Therapy will be explored. The use of technology to increase physical movement, improve daily diet and obtain relaxation will be introduced.

Performance Objectives: Participants will recognize the value of movement, diet and recovery in achieving health and wellbeing, and will be given resources and actionable steps to improve in all three areas.

Section Title: Financial Literacy and Wealth Building

Learning Goal: Instructors will discuss the dangers of pension over-reliance. Various aspects of a zero-based spending plan and debt reduction methods will be explored. Methodologies to maximize income and investments will be presented.

Performance Objectives: Participants will learn strategies to acquire, maintain and protect personal wealth in order to maximize financial health during and after policing.

Section Title: Summary/Critique/Graduation

Learning Goal: The instructor will provide participants an opportunity for questions and answers of any previously covered material. Course evaluations will be completed, and certificates will be distributed.

Performance Objectives: Participants will clarify any misunderstanding they may have with the course material. Participants will also have an opportunity to evaluate the effectiveness of the program and instructional staff.

Prepared May 24, 2024