Stress Management Techniques

November 18-22, 2019
8am-5pm [40 Hrs.]
Palm Beach State College (LW)
Public Safety Building 2nd. Floor

Incentive or Mandatory
No Fee Region XII
Non-Region–TBD

Note: Seats will NOT be held past the start time of the first day of class. Registration MUST be through your agency training department or coordinator. Registrations may be emailed on: Authorization to Attend from Agency Letterhead to: CJTRAINING@palmbeachstate.edu
Students MUST wear appropriate clothing while attending courses at the Criminal Justice Institute: i.e. Business Casual or Agency Uniform (NO Shorts, Flip-Flops, Jeans or Tank Tops).

Course Description:
This course will enhance the officer’s ability to deal with stressful situations and the cumulative stress that are inherent in the criminal justice profession.

Topics will include conflict management, communications, diversity, ethics, problem solving, planning, interpersonal skills, and other stress related topics.

Class 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/have physical injuries that prevents physical training or taking medications that may interfere with physical training. Instructor will inform you of when to take in Workout Attire.

For more information contact: Joseph Tata Jr.
Advanced/Specialized Career Training Coordinator @:
561-868-3868

www.palmbeachstate.edu/programs/CriminalJustice