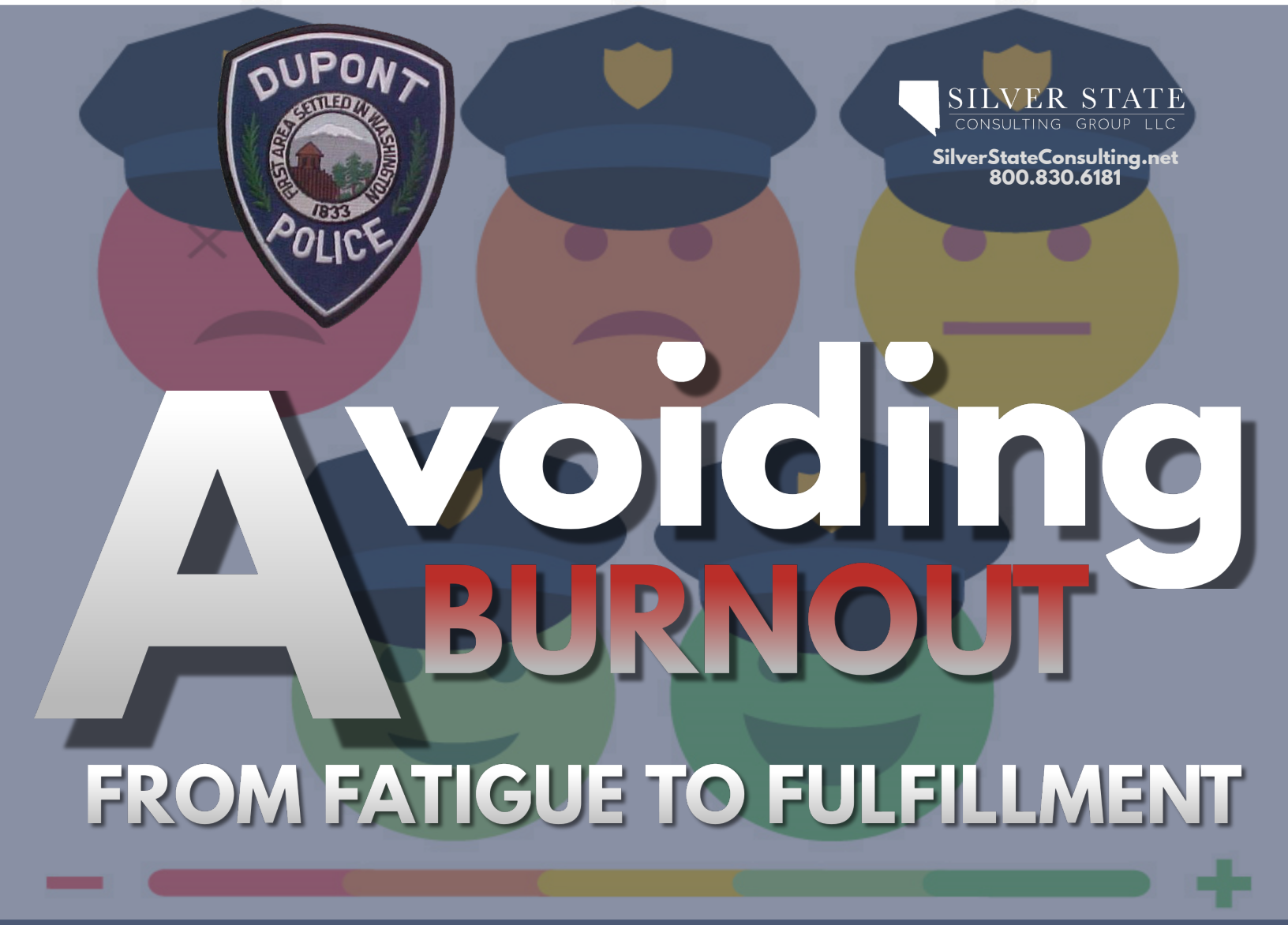

SILVER STATE
CONSULTING GROUP LLC
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Avoiding BURNOUT

FROM FATIGUE TO FULFILLMENT

The ability to stay flexible and consistently bounce back to who you are — your ways of thinking, feeling and behaving at home and before you started the career are initially easy.

Over time; however, something happens and you begin losing your ability to bounce back as quickly or easily. While some of these changes are acceptable, necessary and even welcome, its when the changes become destructive that changes need to be made.

This course discusses the need for self-care in law enforcement and provides wellness strategies to assist in overcoming burnout.

TRAINING DATE & TIME:

WEDNESDAY - May 10, 2022
0800 TO 1700 Hours

TRAINING LOCATION:

DuPont Police Department
1780 Civic Drive
DuPont, WA 98327

REGISTRATION:

Click HERE to Register

COURSE COST:

$115 per Attendee