



# PUYALLUP POLICE DEPARTMENT

## Mental Performance Training

1-Day Training: November 14, 2022

Register for a full day of training that is specially designed for Line Staff, Police Officers and Detectives. 80% of first responders are dealing with health or mental health issues. You will learn mitigation tools for acute stress that will reduce the symptoms of post traumatic stress, decrease burnout, and improve your wellbeing. This training will also cover emotional intelligence that includes tips and tricks to improve emotional regulation and how to identify disruptive thoughts.

Mental Health Mayday and Emotional Intelligence

1-Day Training | November 14, 2022

*Registration is requested.*

Click Here to Register: <https://rb.gy/vafyas>

TRAINING LOCATION  
Bethany Baptist Church  
713 S Hill Park Drive, Puyallup, WA 98373