Course Description
This 40-hour course is designed to enhance the officer’s ability to deal with job-related and personal stress. A general awareness of the causes and types of stress, as well as ways to resolve stress, should lead to more effective job performance. The course emphasizes the application of stress resolution techniques. Students will develop a stress resolution plan that can be useful either on the job or at home.

This course includes physical training including: 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 or have physical injuries that prevent physical training, or taking medication(s) that may interfere with physical training.

Course Objectives:
- Identify the dynamics, causes, and impact of stress and assess students’ stress levels
- Increase awareness of the results of personal and organizational stress, learn realistic ways of managing stress, and use stress management techniques to aid in developing a stress-managed lifestyle
- Understand the interrelationship of nutrition, health, stress, exercise, and metabolism
- Understand how physical fitness is effective in managing stress
- Identify symptoms of critical incident stress
- Identify the effects of alcohol and drug use and the dangers of using legal and illegal substances to relieve stress
- Understand, adapt to, and deal with changes in their personal and professional lives
- Increase understanding of the dynamics of family and friends in managing stress
- Increase awareness of available resources and assistance programs for managing stress

Who Should Attend:
- Law enforcement officers, Correctional staff, Community/Police service aides, Dispatchers

Cost: There is no tuition associated with this course
Location: FDLE Tampa, 4211 N. Lois Ave, Tampa, FL 33614
Instructor: Desiree Nero
Course Dates: January 8-12, 2024
Course Time: 8 a.m. - 5 p.m.

Enrollment Information:
To register, Region 15 officers should contact their agency training coordinator(s)
For additional information please contact Mike Fraser at Michael.fraser@tcc.fl.edu
This course is applicable to Salary Incentive or Mandatory Training