Suburban Law Enforcement Academy
Training Announcement
In Collaboration with The Law Enforcement Training Advisory Commission

**Busting Burnout**

*“Taming the Flames of Public Safety Stress”*

This acclaimed program is designed to invigorate Public Safety Personnel.

April 20, 2009
LETAC Training Center
3171 Greenhead Dr., Ste. B
Springfield, IL 62711

Burnout is an inevitable condition in public safety due to a variety of professional and personal life stressors. It can happen to anyone, in any position, at any point in one’s career. This one day, 8-hour, interactive program examines issues associated with the causes of burnout and offers students methods for dealing with and channeling stress effectively. Students will also learn how to counter eroding attitudes and most importantly how to ignite their performance which will promote organizational success.

**Objectives of the class:**
- Understanding the destruction of motivation
- Fighting career transitional decisions
- Impacts of vicarious trauma and critical incident stress
- Understanding cultural differences among personnel in public safety
- Understanding the uniqueness of public safety personalities
- Promotion of individual and organizational success
- Development of a plan that will lead to career and personal fulfillment

**Fee:** $150.00
8:00am to 4:00pm

**Instructor:**
Your SLEA instructor is a 23 year veteran in public safety who has served as a Sergeant, Detective Sergeant, and Commander. He currently holds the rank of Deputy Chief and is a graduate of the FBI National Academy and the Police Executive Research Forum’s Senior Management Institute for Police @ Boston University. He is also a sitting two term President of the Northern Illinois Critical Incident Stress Management Team where he also serves as a Peer Supporter.

**Class Comments:**
“Best class in all my 28 years of service, right on the button with law enforcement personnel and culture”

“A pleasant surprise, I represented the assignment at first but am glad I had the opportunity to attend”

“Outstanding course, everyone needs it.”

“Wonderful instructor, much insight. Learned a lot about myself and my own control”

To register contact SLEA (630) 942-2677 or online at www.cod.edu/slea

Cancellations for this class must be received by SLEA 35 days prior to the start of the program in order to avoid being billed. To remove your fax number call (630) 942-2677 or email augustyn@cod.edu

SLEA: Where Education Encourages Opportunity