



Your Course Is Now
Ready
**Register
HERE**



Building Wellness & Resilience

This 8-hour program is designed to provide law enforcement officers with the tools to help manage their stress and fatigue. Life is stressful enough, couple that with a stressful occupation and it is no wonder we are mentally and physically depleted!

This course will expose students to the benefits of self-care, building wellness and creating resilience to better cope with the stress, trauma, and the drama of helping others in a difficult climate.

Attendees will participate in a wide variety of stress relieving practices and should wear comfortable clothes and shoes suitable for walking.

Course Topics Include:

- Workplace Stressors
- The Stress Response
- Traumatic Stress Injuries
- Stress at Home
- Restorative Sleep
- Physical Activity
- Physical Relaxation
- Breath Work and Meditation
- Eating for Wellness and Stress Relief
- Self Esteem and Social Connections

GENERAL INFORMATION

June 9, 2023

Time: 8:00 a.m. - 5:00 p.m.
Fees: **Trust Funded Course**
Registration: (727) 341-4492
Facilitator: Paul Althoff

Agency/Self-Registration
<https://spcollege.augusoft.net>
Registration & Hotel information

SEPSI Authorization form Required

**Priority for registration into this class is given to agencies within Pinellas County.
Remaining seats will be open to all agencies 14 days from the start date.*

Casual clothing is recommended. Shorts, tank tops and/or offensive T-shirts are unacceptable attire. Law enforcement personnel not in uniform that are carrying exposed firearms must prominently display agency ID and/or badge at all times while on college property.

Training Calendar <http://pstc.spcollege.edu/>

Lead Instructor

Glenn Wilson will be the course instructor. Glenn retired as Sergeant from the Pinellas County Sheriff's Office with over 29 years of service and has a bachelor's degree in Criminal Justice from the University of South Florida.

Glenn has a special interest in health and fitness and is a qualified FDLE Instructor. He is a certified FDLE Physical Fitness Trainer and a Cooper Institute Certified Law Enforcement Fitness Specialist. Glenn is the lead instructor for G-Force Training LLC.