Stress Management CJSTC#050

This 40-hour salary incentive eligible program is designed to provide officers with the tools to help manage their stress. The course will examine common stressors for law enforcement practitioners and provide them with positive ways to address and manage those stressors. Those attending will be exposed to the benefits of nutrition and the various ways to improve their own nutrition. Attendees should bring work-out clothing, a towel and plenty of water or supplement drink.

100% attendance is required and participants must achieve a minimum score of 80% on the written exam to receive a certificate of completion.

Your Course Is Now Ready
Register HERE

Course Topics Include:

- Assessment of Stressors
- Stress Reaction
- Resources for Stress Management
- Dealing with Critical Incident Stress
- Substance Abuse
- Nutrition in Managing Stress

*Wear or bring comfortable clothes.

GENERAL INFORMATION

June 9-13, 2025

Time: 8:00 a.m. – 5:00 p.m.
Fees: $390
Registration: (727) 341-4492
Facilitator: Paul Althoff

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

SEPSI Authorization form Required

Cancellations must be received 14 calendar days before start of class to avoid charge.
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. 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.