

## **Stress, Anger & Fear Management for the Peace Officer**

This six hour course will cover the identification, management and elimination of stress, anger and fear that is specific to law enforcement professionals. Participants will also be taught to correctly identify and manage specific areas of job and home stress that are unique to his or her personality and situation. Becoming emotionally intelligent is a main focus of this training.

This course is designed for first responders and law enforcement professionals that are experiencing moderate to severe levels of job and home related stress, anger and fear. The student handbook designed for this course is a learning tool that will ultimately become a personalized resource guide that can be referred back to by the student.