



Northwest Illinois Criminal Justice Commission

Jeff Ragan, Regional Director
2308 E. Lincolnway Suite E, Sterling, IL 61081
Phone: 815-288-6695- Fax: 815-288-6787- www.mtu1.com

Mobile Team Unit #1 is funded in partnership with the Illinois Law Enforcement Training & Standards Board

Primal Leadership

Learning to Lead with Emotional Intelligence

DATE: April 29, 2025

Registration Ends: April 15, 2025

TIME: 8:00 AM—4:00 PM 8 Hours

LOCATION: Sycamore Police Department, 535 Dekalb Ave, Sycamore, IL

INSTRUCTOR: Jan Mirikitani, Jan Mirikitani & Associates

COURSE CONTENT:

Based on the New York Times bestseller, Daniel Goleman addresses the resounding need for leaders & employees to embody Emotional Intelligence (EQ) skills. This class discusses the four EQ cores, that when practiced with diligent commitment, move, motivate, & lead at every level of your agency. Never before has the need been greater from the inside-out to support & sustain Officer and civilian morale.

The instructor will clarify & discuss with class participation:

1. The cores of Emotional Intelligence:
Self-Awareness, Self-Management, Social Awareness, Relationship Management
2. How honing/self-managing each core impacts a Supervisor's/Commander's ability to lead & develop their subordinates.
3. Recognizing & managing manipulative behaviors in self & others that erode internal healthy professional relationships that negatively impact Officers with the public.
4. EQ skills leaders need to build & sustain subordinate morale in these difficult times to constructively debrief towards increasing public human civility & professionalism.
5. Assessing Police past public practices towards building best/present practices to invest in & increase community trust in the Police.

Supervisors & Commanders will do group work to discuss common scenarios & conflicts & how to use EQ skills to invest in Officer development.

This class is taught by Jan Mirikitani. Jan has been a law enforcement and government trainer for 31 years. She has ridden thousands of hours with Police Officers. Her teaching is genuine, honest, & realistic, making all material applicable & accountable to the Department's mission & public trust.

This training is approved for the following mandates:

Officer Wellness and Mental Health (.5 Hrs.)
Procedural Justice (1 Hr.)

Partial funding provided by Illinois Law Enforcement Training and Standards Board and MTU#1's request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board

REGISTRATION:

All registrations are received on the [MTU#1 website](http://www.mtu1.com). Find Registration instructions [here](#)

THIS IS NOT A PUBLIC MEETING

