



Northwest Illinois Criminal Justice Commission

Douglas E. Fargher, Regional Director
355 West Everett Street - Dixon, IL 61021
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

Women in Law Enforcement: Balancing the Act of Life

DATE: December 3, 2018

Registration Ends: November 19, 2018

TIME: 8:00 AM—4:00 PM 8 Hours

LOCATION: Stewart Centre West, 2900 W. Pearl City Road, Freeport, IL

INSTRUCTOR: Jan Mirikitani, JBM Consulting Services, LLC.

Synopsis:

Women in Law Enforcement will be able to discuss & assess the importance of balancing the five parts of their human ecosystem, their tools for decision-making, how their personality type, stress stages, and their view of their five selves impact their daily well-being, their dimensions of anger and depression, physical wellness strategies, time-management skills, and the significance of writing your own life mission statement.

Learning Objectives:

Attendees will discuss and assess

1. The five tenets of our intertwined human ecosystem: physical, emotional, mental, spiritual, & financial
2. Personal methods of dealing with decision-making
3. How their personality type impacts personal balance
4. How stress stages impact balance
5. How personal self-disclosure impacts their daily well-being
6. The dimensions of anger: how it impacts our balance
7. Depression: ways to cope
8. Time management strategies for life organization
9. Physical wellness strategies and tools

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](#) Find Registration instructions [here](#)

THIS IS NOT A PUBLIC MEETING



Stewart Centre West, 2900 W. Pearl City Road, Freeport, IL



Parking for
MTU1 classes

Enter Building
here

This class has been submitted to ILETSB for approval in meeting mandatory training for:

Mandated Annually

- Law Updates Use of Force (must include scenario based or similar approved)

Mandated once every 3 years (begin 1/1/16)

- Civil Rights Constitutional and proper use of law enforcement authority
 Cultural competency **Procedural Justice** Human Rights

Mandated once every 3 years (begin 1/1/17 all/ within 2 yrs. for investigators)

- Sexual Assault Trauma Informed Response
 Sexual Assault Trauma Informed Investigator

Mandated once every 3 years (begin?)

- Mental Health Awareness

Mandated 32 hours every four years after initial training

- Lead Homicide Investigator training