



# Northwest Illinois Criminal Justice Commission

Doug Coppotelli, Regional Director  
2308 E. Lincolnway Suite E, Sterling IL 61081  
Phone: 815-288-6695- Fax: 815-288-6787- [www.mtu1.com](http://www.mtu1.com)

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

## Leadership for Reducing Organizational Stress in Law Enforcement

**DATE:** November 23, 2020

**Registration Ends:** October 16, 2020

**TIME:** 8:00 AM—12:00 PM 4 Hours

**LOCATION:** Distant Learning-Zoom

**INSTRUCTOR:** Kent Williams, Breach Point Consulting

### COURSE CONTENT:

This seminar will assist those attending with gaining a distinctly different perspective on the unique and potentially problematic consequences of performing well within a law enforcement culture. Executives, managers and supervisors will examine better ways to reduce their stress and simultaneously garner greater staff compliance with department standards. Leaders will address stressors encountered by the rank and file which influence the pivotal balance between professional and personal relationships. Emphasis will be placed upon executives, managers and supervisors, developing leadership practices and policies that recognize and encourage accomplishment of organizational goals while also taking better care of themselves and the people who serve under their leadership.

An experienced law enforcement executive and educator will guide supervisors and managers in understanding a variety of best practice approaches in addressing this problem. A theme of personal leadership will run throughout this seminar and those attending will have ample chance to share their views, develop decision-making models, and actually reflect on better ways to make decisions for themselves and those they lead.

Topics will include:

- Inspiring a new generation of Knights
- Removing classic frustrations encountered by all law enforcement officers & the consequences of rewarding cynicism
- How the dynamics of control and trust can negatively influence officer attitudes
- How to lead and inspire those who have been taught to anticipate the worst in everything
- Being an optimistic leader among a sea of professional pessimists
- Overcoming the damaging effects of "the rule bound" and stoic approaches to the job
- Recognizing the symptoms of stress and how police stress differs significantly from other jobs



- Developing a personal and organizational action plan to confront the issues
- Learning to help others overcome unhealthy organizational over-investment
- Why officers are at greater risk for alcohol abuse, divorce, isolation, depression and suicide
- Warning signs of distress and preventative programs to reduce and monitor it

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

***This class has been approved to meet these mandates:***

***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)***

- ☐ Trauma Informed Response & Investigation of Sexual Assault & Abuse

***Mandated once every 3 years (begin?)***

- ☐ Mental Health Awareness            ☒ **Officer Wellness**

***Mandated 32 hours every four years after initial training***

- ☐ Lead Homicide Investigator training