



Northwest Illinois Criminal Justice Commission

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

Leadership for Reducing Organizational Stress in Law Enforcement

DATE: October 21, 2022

Registration Ends: October 01, 2022

TIME: 8:00 AM—5:00 PM 8 Hours

LOCATION: Byron Middle School 850 N Colfax, Byron, IL

INSTRUCTOR: Chief Kent Williams (Ret) Breach Point Consulting

This course is open to officers with the rank of Sergeant and above

Leadership for Reducing Organizational Stress in Law Enforcement

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

This course has been approved by ILETSB to meet the following mandates:

Crisis Intervention 2 Hours

Officer Wellness and Mental Health 2 Hours

Procedural Justice 4 Hours

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](#)