



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

Balancing the Act of Life

DATE: May 17, 2024

Registration Ends: May 01, 2024

TIME: 8:00am to 5:00pm 8 Hours

LOCATION: NITAB 524 Coleman Center Drive Rockford, Illinois

INSTRUCTOR: Jan Mirikitani

Balancing the Act of Life

Having it all” certainly feels like that sometimes. Balancing career, spouse/significant other, children, aging parents, extended family, & friends, is only a portion of time-balancing. Meal prep, household & auto maintenance, laundry, higher education compete for our time as well. Stretching a paycheck & saving for the future are always in juxtaposition with time. Many in Law Enforcement sacrifice time to get money! Daily life can easily feel like a down-hill roller coaster ride through a minefield! And those are the normal days! Add in catastrophic illness, job changes, adultery, death of a loved one, & the dynamics of stress can be beyond balancing.

This workshop focuses on insights & skillsets that help us lead our lives, versus just survive from day to day. The program candidly discusses self-sabotage communication patterns, reasonable wellness strategies, tools for time management, & writing a personal mission statement for your life now.

Topics

Balancing is a daily committed decision.

You get one: one life, one body, one brain, one womb.

You get one: plotting risk-taking> personal growth> life-time-blocks

The power of one: being your own best friend or worst enemy.

Friend or foe: what’s your criteria for following the advice/manipulation of others?

Don’t forget to refuel. Running on empty is dangerous.

Clean out the trash. Not majoring in the minor. Not hoarding garbage.

Reasonable expectancies: gratitude is great medicine.

Writing a mission statement to help you manage your life now.

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



Officer Wellness and Mental Health 5 Hours with .5 Scenario Based Procedural Justice 1 Hour

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](#)