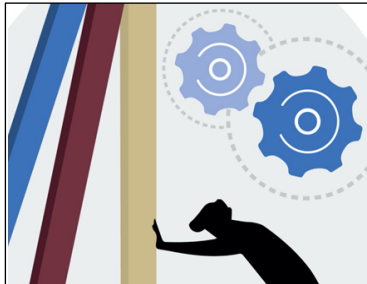


3. Rising Strong: Resilience Training for Criminal Justice Professionals



TRAINING DESCRIPTION

Individuals who work within criminal justice settings are exposed to stories of trauma and

stress every day. They are often the first to respond and receive horrifying details of individuals lives. However, individuals don't often recognize or have the opportunity to handle their own needs related to witnessing these stressful events.

Did you know that experiencing extremely stressful events not only causes emotional stress, but can impact your brain and body, resulting in post-traumatic stress? This training will help understand how stress at work causes responses that can impact your body, mind, emotions, and relationships. It will explain common signs of post-traumatic stress that you may not realize are due to the unique work environment of criminal justice settings.

In this training, you will learn concrete techniques to notice your own stress warning signs and manage your stress that go beyond the traditional instruction of "make time to exercise and get plenty of sleep". We will discuss how to talk to colleagues who may be struggling with traumatic stress symptoms and ways to support them. You will gain understanding of signs it may be time to reach out for help from a professional who can help you manage the effects of encountering trauma and suffering while on the job. This training is for any individual who wants to gain a deeper understanding of how their mind and body react to on-the-job stress and learn actionable steps they can take to manage that stress.

At the end of the training, trainees will have:

- **A framework to understand how witnessing trauma can influence an individual both at home and on the job**
- **Calming techniques to use when experiencing stressful work situations and their after-effects**
- **Tips to discuss post-traumatic stress with fellow colleagues who may be suffering in silence**

- **Strategies to distinguish when to seek professional help and how to find help that is right for you**
[1-DAY 8-HOUR TRAINING]

3A. Train the Trainer

TRAINING DESCRIPTION

During this training, our dedicated team of WEI trainers will skillfully guide your organization's trainers and leaders through the Resilience Training. They will empower your staff to implement this training effectively.

The benefits of this comprehensive training program are manifold:

1. **Efficiency and Cost-Effectiveness:** By equipping your trainers and leaders with in-depth knowledge, your organization can avoid the need for multiple training sessions. This streamlined approach is not only efficient but also remarkably cost-effective.
2. **Ongoing Support and Guidance:** We offer continuous supervision for your training staff. This means any questions or concerns that arise during the implementation of Resilience training will be promptly addressed. Your team will receive the necessary support to ensure a smooth transition.
3. **Enhanced Trust and Buy-In:** When your own trainers convey Resilience training principles, it fosters a sense of trust and credibility within your organization. This organic approach often leads to greater buy-in from your staff, ensuring a more seamless integration of these practices.

Partnering with us means not only receiving top-notch training but also nurturing a culture of collaboration, trust, and growth within your organization. Let's embark on this transformative journey together!

[2-DAY 16-HOUR TRAINING]

FOR TRAINING INFORMATION, CONTACT:

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