# **Surviving Stress and Negativity**



**Length:** 1 day

**Audience:** All employees sworn and non-sworn

Many public safety personnel are well-skilled in dealing with events/incidents that benefit from a rapid resolution. These employees often struggle, however, when given responsibilities or assignments requiring longer term management approaches such as: budgeting, tracking, interagency coordination, and oversight. This 2-day class is designed to fill this gap by assisting personnel charged with managing special projects/events, implementing a new piece of equipment, overseeing a capital project, or implementing new technology while assisting with orderly command/management transitions..

# **Objectives:**

- Name and apply project management terminology
- Practice identifying project SCOPE
- Review common types of projects managed within law enforcement
- Define clear project goals, measurable deliverables, and milestones
- Implement risk management techniques and mitigation strategies
- Factor changing variables associated with the public safety environment
- Estimate budgets, task work, and timelines
- List the leadership skills needed to run projects across multiple divisions and partners
- Analyze personal management tendencies and discuss relationships within the project team
- Practice managing a simulated law enforcement project

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# Let us challenge the way your employees think, and improve the way they perform...

Moser Training Solutions, LLC (MTS) is privileged to work with corporate and government leaders who want to improve employee and customer satisfaction, while enhancing both individual and team performance.

#### What we do:

- Provide professional and career development training
- Customize training to the client's needs
- Coaching (career advancement, study techniques and effective writing skills)
- Conduct individual and program assessment
- Provide law enforcement subject matter expertise
- Project management and consultation
- Prepare private industry for emerging threats

#### Train-the-Trainer

Instructor Development (and recertification)
Field Training Officer (FTO)
Police Training Officer (PTO)
Advanced Coaching (FTO/PTO)
Basic Recruit Academy Instructor

## Professional Development

Building Outstanding Teams Customer Service for Public Safety Problem-Solving, Decision-Making Resolving and Navigating Conflict Facilitation Skills Ethics, Stress and Negativity Project Management

# Leadership

Leader in Blue/Operational Readiness Leaving a Legacy Through Leadership Leading During Challenging Times Leading and Influencing at all Levels Performance Management for Supervisors

## Career Advancement

Excelling Through Written Correspondence Preparation for Career Related Interviews Assessment Center Preparation Improving Cognitive and Test Taking Skills Resume Preparation One-on-One Career Coaching Individual Assessment and Compliance Issues

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