



**DATE POSTED:** August 20, 2010

**TO:** Agency Training Coordinators

**FROM:** Lori Ketron, Training Specialist

**CLASS:** Emotional Intelligence for Law Enforcement Professionals

**CLASS DATE:** September 8, 2010

**TRAINING SITE:** Arizona Peace Officer Standards and Training Board (AZ POST)  
**2643 East University**  
**Phoenix, Arizona 85034**

**CLASS HOURS:** 9:00 a.m. to 11 a.m.

**CLASS ATTIRE:** Uniform or appropriate business attire.

**REGISTRATION:** This class will be filled on a first come, first serve basis. Only submit for the allotted number of slots for your Agency. You may submit a Training Request Form either by fax to 602-244-0477 or by e-mail to me at [lorik@azpost.gov](mailto:lorik@azpost.gov). You may also call me with the reservations at 602-223-2514 ext 269.

**DO NOT SEND AN OFFICER TO ATTEND CLASS IF NOT CONFIRMED**

**Emotional Intelligence for Law Enforcement Professionals**  
2- Hour Emotional Intelligence Seminar Synopsis

**IN RECOGNITION OF NATIONAL PREPAREDNESS MONTH**

The focus of this workshop is to teach law enforcement professionals "Emotional Intelligence". The ability to successfully manage stress, work, relationships, family and time is heavily dependent upon an individual's ability to effectively manage his or her emotions. Participants will gain a clear understanding of how to be emotionally intelligent at work, at home and at play. In addition, you will learn to re-set negative mental defaults by utilizing effective mind management strategies. You will learn how to process feeling internally. "Contemplative Meditation" techniques will also be taught.

Feeling overly sensitive and/or singled out can be a sign of a lack of emotional intelligence. Being unwilling to accept responsibility for your situation is also a sign of a lack of emotional intelligence. Being willing to show up to grow up is Emotional Intelligence in action. No one is without need and ability to grow. This training is for anyone who wants to effectively manage emotions.

Presented By:  
[Sharon M. Downing](#)  
[Impact America Educational Services Inc.](#)