

Growing Courage™: Resiliency for Females in Law Enforcement



October 10, 2017 | 8 a.m. - 4 p.m. | \$127

Omaha Police Training Center
11616 Rainwood Road, Omaha, NE 68142

Who should attend:

Female law enforcement officers at all stages of their career, as well as supervisors or leaders who aspire to better understand the challenges of their female personnel. This course is also relevant to civilian staff members and future leaders.

Description:

Being a female in the law enforcement profession presents a unique set of challenges. This course offers tactics for preparing female staff members for common challenges. Tactics are presented to stop viewing challenging situations as an excuse and starting to see them as opportunities for both personal and professional growth. By working through examples and case studies, attendees will gain a deeper understanding of how to develop resiliency and respect in your organization and community. This course is designed to take officers from the mindset of “surviving” their career, to thriving in their profession and taking charge of their own success.

Attendees will leave this class with an understanding of:

- The structure of the police profession; past, present and future and how it impacts the female employee.
- Identifying positive leadership traits and implementing them as daily habits regardless of rank.
- Implementing best practices and strategies to create impactful professional experiences.
- The importance of knowing the difference between what is right and what is easy and utilizing decision making tactics to ensure success.
- To develop the skills to handle the unique challenges facing female law enforcement professionals.
- The importance of cultivating mentoring relationships.
- To identify personal strengths and weaknesses and use this information to create the best version of the self.
- To develop the skills necessary to make progress toward career success and ownership of action.

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Instructor:

Laura King is a veteran police leader with more than 20 years of experience. She currently serves as Chief Investigator of the McHenry County State’s Attorney’s Office in Northern Illinois. She holds a Doctorate of Philosophy and Master’s Degree in Psychology from Capella University as well as a Bachelor’s Degree in Criminal Justice Management and Administration from Judson University. Dr. King has an extensive background as a trainer in the subject areas of building psychological resiliency, leadership in action, and officer wellness. She also serves as an adjunct professor for several institutions of higher education. Dr. King is a published author and presents nationally on the topics of Resiliency, Personal Wellness and Career Ownership. She is a sought-after speaker having presented before the International Association of Chiefs of Police (IACP), Illinois Association of Chiefs of Police and audiences nationwide as part of the Bureau of Justice Administration’s VALOR for Blue officer wellness initiative.

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