

Emotional Survival for Women in Public Safety

January 23, 2013 8:00 am to 4:30 pm
at the Best Western Park Plaza Hotel
620 S. Hill Park Drive, **Puyallup, WA**
(Course made possible by Puyallup Police Department)

Great for women in:

- Law Enforcement
- Public Safety
- Criminal Justice
- Government
- Medical Services

Cost: Only \$99 - when you register online: www.code4.org

Register via phone 800-622-9391 & cost is \$109

(Save \$10 when you register on-line) - Cost includes course certificate & handout
Group discounts (10 or more) - Prepayment not required, we can bill agency!
Attendance certificates provided for CEU's or training files.

Including:

- Police
- Corrections
- Probation
- Dispatch
- Call-takers
- Fire & EMS
- Security & P.I.'s
- Records, Clerks
- Supervisors
- Managers
- Medical Staff
- Transportation
- Federal Personnel
- Emergency Managers
- Court Personnel

Course Covers:

Work Stressors
Emotional Strains
Relationship Failures
Integrity Loss Issues
Loyalty vs. Integrity Issues
Entitlement Orientation
Victim Based Thinking
Cynicism - Malcontentism
Supervision Issues
Over-Aggressiveness

The course discusses dynamics for women in public safety, government services and related careers. We enter our jobs as idealistic, committed employees and along the way try to avoid stressors, emotional strains, becoming cynical, angry and self destructive. Some of us even become "self-perceived victims" of our agencies or employers.

Donna Cayson provides critical information on how this process might take place with preventive strategies on how to remain committed productive employees.

Instructor:

Donna Cayson spent nearly 20 years in law enforcement. She has worked in patrol, custody, support services, investigations and has also served as a volunteer services coordinator with the Pasadena police department in California. In 2009, Donna was named a Naval Postgraduate School, Center for Homeland Defense and Security, Distinguished Fellow. She has also served the Department of Homeland Security, FEMA in Washington DC. Mrs. Cayson also holds a Master's Degree in Behavioral Science and undergraduate degrees in Organizational Leadership and Administration of Justice.

Donna retired from law enforcement in 2010. She continues to stay actively involved in volunteers in policing, community outreach projects related to homeland security issues, teaching and consulting. She is working with Dr. Kevin Gilmartin in providing Emotional Survival concepts specifically to women working in criminal justice, enforcement, public safety and other government related disciplines.



Code 4 Public Safety Education Association - 800-622-9391
a non-profit 501(c)(3) Education Association

Tax ID number 93-1248059 - Code 4 has provided training since 1995

Make checks payable to "Code 4" - mail to: 711 Medford Center #265, Medford, OR 97504

