

Emotional Intelligence for Law Enforcement



Sheriff's Training Center
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TOPICS COVERED

- Five Distinct Qualities of Emotional Intelligence
- Four Branches of Emotional Intelligence
- Benefits of Emotional Intelligence
- Emotional Intelligent Leadership
- Reducing Stress
- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Management
- Interpersonal Communication
- Conflict Resolution
- Showing Empathy to Others
- Recognizing Emotional Triggers
- Response Tactics
- Personal and Social Competencies
- Improving Public Perception
- Impact of Daily Emotions

Course Overview

Understanding and utilizing appropriate emotional intelligence is a key element in police matters and can be seen as a root problem in a majority of police controversy. People with high emotional intelligence have greater mental health, exemplary job performance, and more potent leadership skills.

The ability for an officer to express and control their emotions is essential, but so is the ability to understand, interpret, and respond to the emotions of others. A law enforcement practitioner's ability to manage and use their emotions effectively and in a positive way is crucial for stress management and career survival while aiding in and helping establish positive community relations.

Emotional Intelligence for law enforcement has multiple benefits including training in situations that lead to tragic deaths and conflict resolution. Emotional intelligence training can help law enforcement mitigate the impact of stress and improve interpersonal communication within their personal and professional networks. It can aid them in becoming effective officers and leaders.

This course is designed for and been delivered to every level of law enforcement officer from patrol to command staff.

8 Training Hours

Tuition: \$125 per Officer

Group Rate: \$100 per Officer (5+)

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