

# More Than A Cop<sup>©</sup>

## Emotional & Relationship Survival For Law Enforcement



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*Being a cop is more than what you do, it is who you ARE!!!* It's how you think of and define yourself, and it's a title to wear with pride. Law enforcement is a unique and challenging profession, practiced by men & women specially wired to take on those challenges.

Balancing on-and-off duty life is something we all face, and where many of us falter. Leading a well-rounded life is crucial for both personal and professional success. But knowing *how* to lead that well-rounded life is a challenge for many.

This course examines common personal & professional roadblocks that prevent officers from leading a balanced life. We teach a reality-based approach focused on developing the *whole person*. After all, a balanced cop is an energized cop.



### Course Content

- Being More Than A Cop<sup>©</sup>
- Defining personal & emotional health
- Effects of adrenaline on health
- Common self-defeating beliefs
- Building resiliency
- Understanding the mind/body connection
- Creating balance between home & work
- Managing anxiety & stress
- Surviving burnout
- When burnout turns to depression
- Resistance to becoming emotionally well
- Relationship 911!!
- Effective communication strategies
- Steps to save relationships or say good-bye

**“Mike and Althea combine their unique experiences as practitioners, educators and partners to facilitate this amazing experience. They are an engaging team and you will leave this class feeling truly *“revitalized.”*”**

- Sgt. Betsy Brantner Smith, Dave Smith and

**Where:** Spokane County Sheriff's Office Training Center  
10319 E. Appleway, Spokane Valley, Washington 99206

**When:** Friday December 14, 2012

**Cost:** \$125.00 *which includes one adult family member.*  
Additional adult family members \$10 each at the door and it is first come, first serve~ limited space available, no space guaranteed except for the registered spot and the one guest

**Register:** [www.regonline.com/SpokaneRelationship](http://www.regonline.com/SpokaneRelationship)

**Email:** [kodonnell@pg-ti.com](mailto:kodonnell@pg-ti.com)

**Phone:** 847/875-3620



Officer Mike Wasilewski, MSW, has been with a large suburban Chicago department since 1996. He holds a Master of Social Work degree from Aurora University and has served on his department's Crisis Intervention & Domestic Violence teams. Mike is an adjunct instructor at Northwestern College.

Althea Olson, LCSW, has been in private practice in the Chicago suburbs since 1996. She has a Master of Social Work degree from Aurora University providing individual, couple, & group therapy to adolescents, adults, and geriatrics. Althea is also trained in Critical Incident Stress Management & is a certified divorce mediator.

Mike & Althea have been married since 1994 and are featured columnists for both LawOfficer.com, Officer.Com & The ILEETA Journal. Their articles are extremely popular and they now provide the same training and information in person throughout the United States. This dynamic team was recently featured at the at the 2010, 2011, & 2012 ILEETA Conference & Exposition.