

# Wellness Coordinator Training



February 10th-14th | 0800 - 1630

Hosted by: Peace Officers Research Association of California

This course is designed for first responders who also serve as the Wellness Coordinators for their departments and organizations. This in-depth 5-day course will cover an overview of a group project, the role of a wellness coordinator, an introduction on the topic of wellness, and the development of a wellness program. A culturally competent clinician and trainer will review factors impacting emotional wellness, first responder suicide, and tips on how to evaluate and provide recommendations on your department's emotional wellness. Attendees will examine and discuss the different types of wellness, including occupational, retirement, leadership, social, physical, environmental, intellectual, financial, and spiritual wellness.

## Training Objectives:

- Learn about all aspects of a public safety wellness program through twenty-five course modules
- Gain an understanding of the eight dimensions of wellness
- Establish the roles and responsibilities of a wellness coordinator
- Discover tools and benchmarks to track progress
- Reduce suicide and absenteeism, while also supporting a cultural shift with proactive wellness



Scan the code or  
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ICEMA/ EMSA 62-2032

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