

COP OUT

BECOMING MORE THAN WE ARE.

Presented By Extract-ED

Ownership

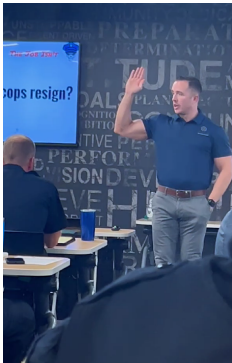
Burnout

Mindset

Resilience

Presentation Summary.

Officers continue to face challenges in their careers, beyond the daily stressors of performing their duties. Though we cannot control what problems we face, we can control our reaction to the problems. If we want to change the direction of our career and agency, we need to first work on ourselves. Nothing will change until we change.



The presentation covers resilience, work-life balance, burnout, pessimism, and positive mindsets. It focuses on the importance of understanding how to take ownership and become the architects of our career. Resources used for this presentation include Harvard Business Review (HBR) books and articles on Emotional Intelligence, Burnout in the Workplace, and leadership concepts from the US Military and private industry

Presentation Details

Cop Out is the continuation of "The Job Isn't Dead" originally presented at the International Association Chiefs of Police (IACP) IDTS Conference and received outstanding reviews.

This is a 2-hour presentation.

For more information, contact training@extract-ed.com.