

A KIM TURNER, LLC COURSE



**TUITION
FREE**

SCIENCE of WELLNESS

9-1-1 first responders, master the art of resilience. This course is designed for call-takers and dispatchers. We will discuss the unique stress patterns of emergency telecommunications and the effects on your performance and well-being. Learn to leverage beneficial stress, reflect on your mindset, and acquire practical tools to build lasting resilience. Empower yourself to excel while protecting your long-term health.

INSTRUCTOR: SHERI JASSO



Sheri Jasso, Lead Dispatcher for the Galt Police Department, brings over 18 years of experience in emergency communications and leadership. As Instructor for *The Science of Wellness*, she guides 9-1-1 dispatchers in developing resilience, managing stress, and applying practical wellness strategies to strengthen performance and emotional balance in a demanding profession.

IN PERSON COURSE

WEDNESDAY, APRIL 15, 2026

COURSE HOURS 0800-1700 PST
POST CCN# 1301-21764-25-011
POST PLAN V
8 HOURS OF CPT CREDIT



ROHNERT PARK POLICE DEPT
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