



POST-CERTIFIED IN CALIFORNIA

4 Hours CPT | POST Plan NA
Live Virtual Class on Zoom

FOR 9-1-1 DISPATCH SUPERVISORS, MANAGERS, AND DIRECTORS

Stress Management for Supervisors & Managers

Recognize stress. Lead with resilience. Protect your team.

Supervisors and managers in public safety communications face unique stressors. This course provides evidence-based tools to recognize stress in yourself and your team, build resilience under pressure, and create a supportive work environment that reduces burnout and improves retention.

- 01 Recognize early warning signs of chronic stress and burnout
- 02 Apply evidence-based strategies for managing workplace pressure
- 03 Build a resilient leadership approach for high-stress environments
- 04 Create a team culture that supports well-being and retention

2027 Class Dates

All classes 0800 to 1200 Pacific

THURSDAY

March 25

CA POST CONTROL NUMBER
1301-12438-26-001

FRIDAY

May 14

CA POST CONTROL NUMBER
1301-12438-26-001

CalOES ATA Eligible

Who should attend: Supervisors, managers, directors, and aspiring leaders in 9-1-1 dispatch.

TUITION

\$249

REGISTER NOW →