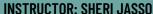


9-1-1 first responders, master the art of resilience. This course is designed for call-takers and dispatchers. We will discuss the unique stress patterns of emergency telecommunications and the effects on your performance and well-being. Learn to leverage beneficial stress, reflect on your mindset, and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





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, MAY 13, 2026

COURSE HOURS 0800-1700 PST POST CCN# 1301-21764-25-006 POST PLAN V 8 HOURS OF CPT CREDIT



ROSEVILLE POLICE DEPT 1051 JUNCTION BLVD ROSEVILLE, CA 95678

WWW.THEKIMTURNER.COM