



# SCIENCE OF WELLNESS

Calling all 9-1-1 dispatchers: Master the art of resilience in your high-stakes career. This course reveals the unique stress patterns of emergency telecommunications and their effects on your performance and well-being. Learn to leverage beneficial stress, minimize risks, and acquire practical tools to build lasting resilience. Empower yourself to excel in your critical role while protecting your long-term health.



Instructor:  
Kim Turner

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Live Instruction Online

**Wednesday, December 3, 2025**

- 0800-1700 hours PST
- CCN 1301-21764-25-005
- POST Plan V
- 8-hours of CPT
- **Free Tuition**

**Additional State Certifications:**

- Michigan Cert# TKT2024-4498
- New Mexico Cert# NM240155

