

Col. Brenda Dietzman (Ret.)



Leadership Reset

Leading Yourself to Better Lead Others

Hosted by the Larimer County Sheriff's Office

April 20-22, 2026

- April 20 Strengthen Yourself, Strengthen Your Team
Mastering Conflict Resolution: Science-Backed Strategies for Success
- April 21 Personal Leadership Growth: Power Skill Strategies
Strengthen Team Dynamics: Navigating Career Challenges and Personal Hurdles
- April 22 Understanding Leadership Styles and Power Dynamics
Crafting Your Career Path: Mapping Success and Developing Your Personal Brand
Technical Leadership Skills
Harnessing the Power of Generations: Working Better, Together

Cost: \$225 or \$80/day

Location:

Larimer County Sheriff's Office Admin - South Training Room
2501 Midpoint Drive
Ft. Collins, CO



Online Registration: <https://brendadietzman.com/colorado>

Registration & Invoicing: info@brendadietzman.com



Col. Brenda Dietzman (Ret.) has over 28 years of law enforcement and corrections experience. She is an IADLEST internationally certified trainer and has presented to audiences across the United States and from 21 different countries. She has worked with several organizations including IACP, AJA, NTOA, WIFLE, NLETS, NSA and MCSA. She is a regular contributor to the National Sheriffs' Association and American Jail Association magazines.

Space is limited!

Inspiring - Educational - Motivating -Actionable

Monday, April 20

Strengthen Yourself, Strengthen Your Team

As first responders, you face intense challenges that impact mental, emotional, and physical health. This session provides practical strategies to build resilience and wellbeing—helping you perform at your best while supporting a stronger, healthier department.

Key Takeaways:

- **Mental Resilience:** Manage stress and prevent burnout under pressure.
- **Emotional Strength:** Build emotional intelligence and coping skills for tough situations.
- **Physical Wellbeing:** Maintain health through nutrition, exercise, and rest.
- **Work-Life Balance:** Stay focused and energized on and off duty.
- **Sustainable Habits:** Create long-term practices for lasting resilience.

Investing in your wellbeing means better service to your community and a stronger, more united department.

Mastering Conflict Resolution: Science-Backed Strategies for Success

Conflict resolution is at the core of many first responder professions. While we often rely on trial and error to find techniques that work, understanding the science behind conflict and its resolution can equip us to handle a variety of challenging situations more effectively.

In this session, we'll dive into conflict theory, intervention strategies, and techniques for managing difficult conversations and scenarios that first responders encounter.

By the end of this session, participants will have a toolkit of science-backed strategies to navigate conflicts confidently, enhance their communication skills, and foster a more harmonious and productive work environment. Join us to elevate your skills to the next level.

Tuesday, April 21

Personal Leadership Growth: Power Skill Strategies

Through interactive sessions on decision making, developing a personal mission statement, lifelong learning, effective communication, and emotional intelligence, you'll gain practical tools to lead with confidence, inspire others, and thrive in any environment. Whether you're starting your leadership journey or looking to sharpen your edge, this class will empower you to grow, adapt, and succeed.

Strengthen Team Dynamics: Navigating Career Challenges and Personal Hurdles

In this empowering session, we will delve into the challenges that both men and women face in their professional and personal lives, including dealing with the inner critic, imposter syndrome, perfectionism, and the impact of family responsibilities. Together, we'll explore practical strategies to overcome these hurdles and achieve a harmonious balance between career and life.

Wednesday, April 22

Understanding Leadership Styles and Power Dynamics

Leadership today is more than just a title—it's about influence, adaptability, and understanding the forces that drive people and organizations. In this in-depth session, we'll explore the different leadership styles that shape modern workplaces and examine the different types of power leaders use to inspire, motivate, and achieve results.

Crafting Your Career Path: Mapping Success and Developing Your Personal Brand

Discover your unique brand and chart your career path with intention and purpose. This engaging class is designed to help you understand and leverage your personal brand to navigate your career journey. Learn how to create a strategic plan to make a positive impact, continuously grow your legacy, and advance your organization throughout your career. We'll explore how optimism, education, purpose, legacy building, flexibility, and networking are essential tools for career growth, and how to effectively develop and use them.

Technical Leadership Skills

Leadership isn't about endless meetings and overflowing inboxes—it's about impact. This session equips you with practical strategies to streamline the business side of leadership so you can focus on what truly matters.

Key Skills You'll Gain:

- **Lead Meetings That Matter:** Turn meetings into productive, results-driven sessions.
- **Master Task Management:** Prioritize and organize your to-do list effectively.
- **Boost Time Management:** Maximize productivity with proven techniques.
- **Tame Your Inbox:** Reduce clutter and manage emails efficiently.
- **Leverage Time Multipliers:** Get more done in less time with smart tools.
- **Delegate with Confidence:** Assign tasks to the right people for success.
- **Streamline Processes:** Review and refine workflows for peak performance.

Harnessing the Power of Generations: Working Better, Together

Dive into the dynamic world of generational strengths and differences in the workplace with this compelling session! As Gen Zers embark on their careers, Millennials take over leadership roles, and as Gen Xers and Baby Boomers are leaving the profession, it's crucial to understand and leverage the unique strengths and responsibilities each bring to our organizations.

In this refreshing and insightful session, we'll explore the positive characteristics of the different generations and how to effectively utilize their unique skill sets. We'll delve into how different generational upbringing has shaped them into the employees they are today. By examining research-based studies, we'll uncover strategies to recruit, retain, motivate, and develop these individuals into the leaders we need now and in the future.

This session promises engaging (and fun) discussions, practical insights, and actionable strategies to help you harness the power of the different generations and drive success in your organization.