

Current Course Availability for Gould Consulting LLC

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**Course titles and content may change as courses are continuously updated.*

Courses in green are suitable for general audiences.

BLOODBORNE PATHOGENS in CORRECTIONS, 2-hour or less course

This required, yearly training will not only define pathogens found in the Correctional setting, but also help participants recognize pathogens in their environment. The methods for controlling exposures to pathogens, including how to properly utilize universal precautions and use personal protection equipment (PPE), along with the minimal steps required after an exposure will be discussed. Key aspects of a Bloodborne Pathogen Exposure Control Plan will be covered also.

Instructor is certified through the Occupational Safety and Health Administration (OSHA) in General Industry Safety and Health

BOUNDARIES, 2-hour course

This class will explore the importance of setting and maintaining healthy boundaries in both personal and professional relationships. It will provide practical strategies for recognizing when boundaries are being pushed, understanding why boundaries are essential for emotional well-being, and how to assert them effectively. The course will also address common challenges such as dealing with difficult people, accepting responsibility when you are the problem, and handling boundary violations without taking them personally. At the end of the course, participants will gain the tools and confidence to redefine and protect their boundaries, leading to more balanced and fulfilling interactions.

COMMUNICATION AND BEHAVIOR MANAGEMENT FOR CO'S, 2-hour or less course

What is the difference between a leader and a manager? What characteristics are desirable and wanted in a Corrections professional? These questions and more will be examined and discussed as communication strategies are developed. This course will also bring attention to recognizing unhealthy relationships within the Corrections environment.

EMOTIONAL INTELLIGENCE, 2-hour or less course

Daniel Goleman's 5 Key Elements of Emotional Intelligence will be used as a guide to help participants rotate their perspective inward. This introspective learning session will teach participants how to perceive and process emotions for professional and personal growth.

ETHICS IN THE CORRECTIONAL SETTING, 2-hour or less course

This highly active course will cover the following topics in ethics:

- Ethics, Morals, and Values
- Discretion in Corrections
- Common ethical problems in Corrections and their impact
- Social media awareness
- The Six Pillars of Character

GENERATIONAL DIFFERENCES and LEADERSHIP, 2-hour course

Once the common generations in the Correctional workplace are defined and discussed, participants can then examine the differences in the leadership qualities of each generation. Through discussion participants will learn how to work through conflict at work and at home. (This is a 'general' course that opens for deeper and more specific discussions among participants.)

HEALTH INSURANCE PORTABILITY and ACCOUNTABILITY ACT (HIPAA) for CO's, 2-hour course

This course will review the meaning of HIPAA and why it was created. The following subtopics will also be discussed during this course:

- Important definitions and terminology

- Patient/inmate rights under Protected Health Information (PHI)
- Jail and Corrections Officers rights to PHI
- Corrections Officer dos and don'ts
- Penalties for privacy and PHI violations

INSTRUCTOR DEVELOPMENT FOR CORRECTIONS, 3-day course

Ready to share your Corrections knowledge with others in your field? Whether you are looking to train locally or nationally, this course will help participants learn the basics of teaching effectively. The following five points will be discussed with and demonstrated by participants:

1. Adult learning styles
2. Elements to public speaking
3. Basics of power point etiquette and use
4. Classroom set up styles
5. How to create objectives and curriculums

MEDITATION AND MINDFULNESS, 2-hour course

What is all the hype about meditation and being more mindful? This course will provide participants with the basics through discussion and practice. The foundations for a successful practice as well as the benefits of meditation and mindfulness will be discussed with short periods of practice.

Instructor is a nationally recognized meditation and mindfulness teacher through Yoga Renew.

NUTRITION AND HYDRATION, 2-hour course

Do we really know the effects a career in Corrections has on our bodies? In this course we will not only discuss these effects but also how we can combat these effects through the food we eat, water consumption, and other behaviors.

PROFESSIONALISM IN CORRECTIONS, 2-hour course – Line Officer course

What should the goals of a Corrections professional be? Do you know the characteristics of successful professionals? Leadership, professionalism, organizational structure, appearance, conduct, and the fundamental rules for co-worker communication will be discussed.

PRISONER SUICIDE PREVENTION, 2-hour course – Line Officer course

This refresher course reviews the factors specific to the incarcerated population including causes of depression that lead to suicide attempts. Legal considerations and the importance of having a suicide action plan will also be included in this course.

REPORT WRITING FOR CO'S; 2, 4, or 6-hour course

This is a highly participatory course that allows participants to learn through examples and hands-on activities. Depending upon course time, the following objectives will be covered either superficially or in depth:

- Review the different types of reports used in corrections.
- Understand the importance of report writing in corrections.
- Explain the responsibilities of a corrections officer when writing a report.
- Describe the importance of reports and professionalism when testifying in court.

THREAT ASSESSMENT AND CONTROL IN JAIL, 2-hour course

What is a threat in a Correctional setting? After defining Correctional threats, this course will define four key concepts to avoiding or controlling conflict. The six key threats and vulnerabilities below will be discussed along with solutions and tips on personal control:

1. Violence (includes pre-assaultive threat indicators)
2. Escape attempts
3. Contraband
4. Understaffing
5. Not having the proper tools/equipment
6. Lack of operational plans or policies

WELLNESS; 4- courses available

- 1) Life Balance; 2-hour or less course: Four target areas will be covered to bring general balance and a sense of control to everyday life:

- ▶ CAREER
- ▶ FAMILY and COMMUNITY
- ▶ PERSONAL FINANCES
- ▶ HEALTH

- 2) Physical Wellness: 1, 2 or 4-hour course (may be combined with Mental Wellness course for longer course): How do we take care of ourselves? We've heard a lot lately about making ourselves a priority to maintain physical health, but what does this look like for those working in Corrections? CO's are exposed to unique physical stressors. We will evaluate these stressors and develop reasonable and attainable goals to promote and encourage a healthier physical self.
- 3) Mental Wellness: 1, 2 or 4-hour course (can be combined with Physical Wellness course for longer total course): Have you ever thought about what truly causes you mental anguish? What stresses you out? In this course we will not only evaluate what causes stress, but how we can combat it for mental clarity and overall mental wellness. *Instructor is Mental Health First Aid Certified.*
- 4) Correctional Wellness: 1, 2, 4, or 8-hour course:

This course covers the four target areas of Life Balance along with overall wellness strategies to help Corrections professionals deal with the mental and physical stress during their career.

YOGA FOR FIRST RESPONDERS: 4-hour course

This 4-hour training demo and workshop uncovers the fundamental aspects of tactical breathwork, hatha yoga, and mindfulness with insights into the brain and nervous system functions. Trainees will learn the distinctive and research-backed YFFR Protocol, a training system uniquely designed for first responder resilience training, addressing both job-specific needs and cultural nuances. Participants immediately gain practical techniques to process stress, build resilience, and enhance performance, supplemented with ongoing resources for continuous training.

Instructor is certified in Ashtanga and Restorative Yoga practices AND certified and licensed with Yoga For First Responders (YFFR)