2026-2027 Course Availability for BARBARA L GOULD

Gould LLC, Above All We Rise

(810)919-4312

GouldLLC@yahoo.com

www.gouldconsultants.com

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

BLOODBORNE PATHOGENSIN in CORRECTIONS, 1-2 hr. course

This required annual training will provide participants with a comprehensive understanding of pathogens commonly encountered in correctional environments and the potential risks they present. Participants will learn to recognize potential sources of exposure within their work environment and identify effective strategies for preventing and controlling exposure.

The training will address the proper application of universal precautions, appropriate selection and use of personal protective equipment (PPE), and the essential steps to take following a potential exposure. Key components of a Bloodborne Pathogen Exposure Control Plan will also be reviewed to reinforce workplace safety, compliance, and effective exposure prevention practices.

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

BOUNDARIES, 2-hour course

This basic course on boundaries examines the importance of establishing, communicating, and maintaining healthy boundaries in both personal and professional relationships. Participants will learn practical strategies for recognizing when boundaries are being challenged, understanding the role

boundaries play in emotional well-being, and communicating boundaries clearly and effectively.

The course will also address common challenges, including navigating difficult relationships, recognizing and taking responsibility for one's own role in interpersonal conflict, and responding to boundary violations without internalizing them. Participants will develop practical tools and increase confidence to establish, reinforce, and maintain healthy boundaries, supporting more respectful, balanced, and productive interactions.

PERSONAL BOUNDARIES, 1-2 hr. course

Healthy boundaries start from within. This course focuses on understanding and strengthening personal boundaries to support emotional well-being, resilience, and authentic leadership. Participants will explore how internal limits—around time, energy, and emotional investment—affect professional and personal relationships. Through guided reflection and practical exercises, attendees will learn how to identify personal boundary needs and implement sustainable strategies for self-respect and balance.

COMMUNICATION and LEADERSHIP FOR CO'S, 1-2 hr. course

This course examines the relationship between effective communication and leadership within the correctional environment. Participants will explore the distinction between leadership and management and examine the professional characteristics, behaviors, and communication skills that contribute to effective leadership in corrections.

Through practical discussion and strategies, participants will learn how clear communication, accountability, professionalism, emotional intelligence, and consistency can strengthen relationships and improve workplace interactions. The course will also address how to recognize unhealthy professional relationships, communication patterns, and workplace dynamics that can negatively impact individuals, teams, and organizational culture.

Participants will leave the course with practical communication and leadership strategies they can apply in their daily interactions with coworkers, supervisors, and those in their care.

EMOTIONAL INTELLIGENCE, 1-2 hr. course

This course introduces participants to some of the principles of emotional intelligence using five key components—self-awareness, self-regulation, motivation, empathy, and social skills—as a basic framework for personal and professional development.

Participants will be encouraged to look inward and examine how emotions, thoughts, and behaviors influence decision-making, communication, relationships, and workplace interactions. Through guided reflection and practical strategies, participants will learn to better recognize and manage their emotional responses, understand the perspectives of others, and respond more effectively in challenging situations.

The course emphasizes the practical application of emotional intelligence to strengthen professional relationships, improve communication, support sound decision-making, and promote personal growth and resilience.

EMOTIONAL REGULATION, 1-2 HR. COURSE

In high-stress professions, emotions can run high, situations can change quickly, and the behavior of others is often outside our control. Emotional Regulation in an Unregulated World provides corrections officers and other professionals with practical tools to better understand and manage their emotional responses while navigating challenging people and unpredictable environments.

This one-hour course introduces the foundations of emotional intelligence and emotional regulation, with a focus on self-awareness, self-regulation, motivation, empathy, and social skills. Participants will explore how emotions influence decision-making, communication, relationships, and performance—and learn strategies to respond intentionally rather than react impulsively.

ETHICS IN THE CORRECTIONAL SETTING, 1-2 hr. course

This interactive course examines the critical role of ethics in maintaining professionalism, accountability, integrity, and public trust within the correctional environment. Participants will explore the relationship between ethics, morals, and personal values and how these principles influence everyday decisions and professional conduct.

The course will address the use of discretion in corrections, common ethical challenges and dilemmas, and the potential impact of ethical decision-making—or poor ethical choices—on individuals, coworkers, facilities, and the organization. Participants will also examine social media awareness, professional boundaries, and the potential consequences of online behavior.

The Six Pillars of Character will provide a framework for examining integrity, responsibility, respect, fairness, caring, and citizenship as essential components of ethical professional conduct. Through discussion and practical scenarios, participants will develop greater awareness and confidence in recognizing ethical challenges and making sound, professional decisions.

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 work ethic and 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.)

INSTRUCTOR DEVELOPMENT FOR CORRECTIONS (TRAIN-THE-TRAINER), 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

MINDFULNESS, 1-2 hr. course

This course introduces participants to the principles and practical applications of mindfulness as a tool for managing stress, improving focus, and supporting overall well-being. Participants will explore what mindfulness is, how it can be incorporated into daily life, and the potential benefits of developing a consistent practice.

The course will examine the foundational elements of an effective mindfulness practice, including breath awareness, focused attention, and present-moment awareness. Through guided discussion and brief, accessible practice sessions, participants will have the opportunity to experience these techniques firsthand and identify strategies that can be incorporated into both professional and personal routines

Instructor is a nationally recognized meditation and mindfulness teacher certified through Mindful Badge and Brown University, and Yoga Renew.

NUTRITION AND HYDRATION, 1-2hr. course

Fueling Life: Basic Nutrition and Hydration provides first responders and other professionals working in high-stress environments with practical, evidence-

informed strategies for using nutrition, hydration, recovery, and healthy habits to support physical and mental performance.

Participants will explore how the modern food environment can affect metabolic health, energy levels, inflammation, cognitive function, mood, and long-term health. The course examines the impact of added sugars, ultra-processed foods, caffeine and energy drinks, hydration and electrolytes, meal timing, protein, dietary fats, and other common nutrition topics.

Special emphasis is placed on the realities of shift work, including night-shift eating, limited meal options, vending machines, convenience foods, and making healthier choices while working in the field. Participants will also learn how to interpret nutrition labels, evaluate common nutrition claims, and distinguish evidence-based practices from marketing.

Rather than promoting restrictive diets or perfection, the course emphasizes sustainable, realistic behavior changes through a five-pillar framework: Fuel, Hydrate, Recover, Move, and Perform. Participants will leave with practical strategies they can apply immediately to improve energy, concentration, recovery, resilience, and overall well-being.

PROFESSIONALISM IN CORRECTIONS, 1-2 hr. course – Line Officer course

This course examines the standards, expectations, and professional behaviors essential to success in the correctional environment. Participants will explore the goals and responsibilities of a corrections professional and identify the characteristics and behaviors that contribute to individual and organizational success.

Key topics will include leadership, professionalism, organizational structure, professional appearance, workplace conduct, accountability, and effective communication with coworkers. Participants will also examine how personal behavior, attitude, and communication can influence team dynamics, workplace culture, and the overall effectiveness of a correctional organization.

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

This refresher course provides correctional professionals with an updated review of suicide prevention and response strategies specific to incarcerated populations. Participants will examine risk factors and contributing circumstances associated with depression, suicidal ideation, and suicide attempts within the correctional environment.

The course will also address legal and professional considerations related to suicide prevention, staff responsibilities, and appropriate intervention. Emphasis will be placed on the importance of having a clear, comprehensive suicide response and action plan to support timely intervention, effective communication, and coordinated response when a potential suicide risk is identified.

REPORT WRITING FOR CO'S, 2 or 4 hr. 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

This course provides correctional professionals with a practical understanding of threats and vulnerabilities commonly encountered in the correctional environment. Participants will learn to recognize potential threats, assess risk, and apply proactive strategies to prevent or manage situations before they escalate.

The course will introduce four key concepts for avoiding, reducing, and controlling conflict, with an emphasis on situational awareness, personal control, communication, and sound decision-making. Participants will examine six critical threats and operational vulnerabilities, including:

- Violence, including recognition of pre-assaultive behaviors and threat indicators
- Escape attempts and related security vulnerabilities
- Contraband and the risks associated with its introduction and movement
- Understaffing and its impact on safety, security, and operations
- Inadequate tools or equipment and the risks created by insufficient resources
- Insufficient operational plans or policies and their impact on consistent and effective response

Through discussion and practical strategies, participants will develop greater awareness of potential vulnerabilities and identify actionable methods for maintaining personal control, reducing risk, and promoting a safer correctional environment.

TRAUMATIC STRESS, 1-2 HR. COURSE

The Weight We Carry examines the impact of intense stress and traumatic experiences on corrections officers and other professionals working in high-stress environments. Participants will explore how repeated or overwhelming exposure to stress and trauma can contribute to post-traumatic stress and PTSD, as well as the short- and long-term effects on the mind, body, behavior, relationships, and job performance. The course will focus on recognizing changes in us and others, understanding common symptoms, and learning about available treatment and support options.

WELLNESS; 4- courses available; can be tailored to any first responder discipline

1) LIFE BALANCE, 1-3 hr. course: This course explores four key areas that influence overall life balance, personal well-being, and a sense of control. Participants will examine practical strategies for identifying priorities, managing competing demands, and creating greater balance across the areas of life that matter most.

   The four focus areas include:

- Career – Managing professional responsibilities, goals, stress, and work-life boundaries.
- Family & Community – Strengthening relationships, maintaining meaningful connections, and balancing personal and community responsibilities.
- Personal Finances – Developing greater awareness and control of financial responsibilities, priorities, and planning.
- Health & Wellness – Supporting physical, mental, and emotional well-being through sustainable habits and self-care practices.

  Participants will leave with practical strategies for assessing their current level of balance and identifying areas where intentional changes may improve overall quality of life.

2) PHYSICAL WELLNESS, 1-2 HR. COURSE: This course examines the importance of physical wellness and the unique challenges corrections professionals face in maintaining their health. Participants will explore the physical demands and stressors associated with working in a correctional environment and consider how these factors can impact energy, performance, recovery, and overall well-being.

   The course will focus on practical, realistic strategies for making physical health a priority, including movement, nutrition, hydration, sleep, recovery,

and sustainable healthy habits. Participants will assess their current wellness practices and develop reasonable, attainable goals designed to support long-term physical health and resilience.

This course may be combined with Mental Wellness for Corrections Professionals to create an expanded wellness program.

3) MENTAL WELLNESS, 1, 2 or 4-hour course (can be combined with Physical Wellness course for longer total course):

   This course examines the unique mental and emotional demands associated with working in the correctional environment. Participants will explore common sources of stress, emotional strain, and mental fatigue and develop a greater understanding of how these factors can affect decision-making, relationships, job performance, and overall well-being.

   Through discussion and practical strategies, participants will learn techniques for recognizing personal stress responses, managing daily pressures, strengthening coping skills, and promoting mental clarity. The course emphasizes realistic, sustainable approaches to maintaining mental wellness and building resilience both on and off duty.

Instructor is Mental Health First Aid Certified.

4) CORRECTIONAL WELLNESS, 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: 2-4 hr. course

This 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. First half of course is classroom style. Second half of class is hands on practical review and instruction.

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