



21 CLETS, LLC  
- Creating realistic and relevant training -



# Emotional Intelligence

During this 8 Hour class, Public Safety staff will be provided with relevant information for understanding Emotional Intelligence for themselves and others. This class will provide the ability to assess emotions, while becoming self-aware of our own bias, beliefs, moods with the ability to understand how it impacts the culture of the workplace and organization. This class will feature tips on active listening combined with self care to become a more resilient person while adding retention to the organization.

This course includes information on; Self Regulation, Empathy, Social Awareness, Communication Elements, Active Listening, and Self-Care.

**Date:**

Wednesday  
May 14, 2025  
0800-1700

**Instructor:**

POST Master Instructor  
Tracy Zuber

**Location:**

San Bernardino Sheriff's Department  
Chino Hills Station  
14077 Peyton Drive, Chino Hills, CA

**POST # 1382-30780-024-004**

**STC #623881**

Registration: \$125.00

Go to **www.21clets.com** and register online today!

