



Public Safety Wellness

Location

Public Safety Center
900 Park Street
Paso Robles, CA 93446

Dates

September 12, 2024
8:00 AM - 5:00 PM

Cost

\$150

Who Should Attend

Any and all public safety personnel (Sworn or Civilian).
Police, Fire, Corrections,
Probation, etc.

COURSE DESCRIPTION

“In order to best serve others, you must first learn to serve yourself”

These are words to live by in the world of public safety. Far too many public safety professionals suffer health related issues on the job and ultimately have years taken off their lives. We are on a mission to change that for the better. This 8-hour class will provide you with the actionable tools and strategies needed to enhance your overall health and wellbeing, so that you are better equipped to manage the stresses associated with a career in public safety.

We cover a lot of ground in eight hours, including the following topics: The Stress Response and how to manage Cortisol Levels, The four-part Foundation of Wellness, Emotional Wellness, Financial Wellness, Time-management strategies, the Vicious vs. Virtuous Cycles and much more. Get ready to place yourself higher up on the priority list!

PRESENTED BY



CHIEF CHARLES CELANO (RET.)

Retired Chief Charles F Celano Jr is a 27-year veteran of the Tustin Police Department. As Founder of Chief Leadership he has coached leaders from public safety organizations, private companies, as well as non-profits. He also has developed comprehensive leadership development programs and provided consulting on succession planning, strategic planning and workforce assessments.

