



WOMEN'S WELLNESS IN PUBLIC SAFETY SUMMIT



TUESDAY, OCTOBER 8, 2024 | 8:30 AM – 4:30 PM

This one-day summit, hosted by San Mateo County Sheriff's Office, is designed specifically for women working in public safety. Attendees will have the opportunity to speak candidly about a variety of topics not typically discussed in public safety training.

Participants will engage in self-assessments and honest discussions to provide increased awareness, support, and opportunity for growth.



SUMMIT TOPICS

- Being assertive
- Self-esteem
- Post-traumatic growth
- Hormones and our body
- Leadership
- Relationships and parenting
- Unique wellness resources
- Meditation

WHO SHOULD ATTEND

Registration is open to sworn and professional staff working in public safety and government agencies including:

- Police/Sheriff's
- Dispatchers
- Prosecutors/Investigators
- Fire Service/EMS/Hazmat
- Chaplains
- Public Safety Medical/ Psychological Professionals
- Victim Advocates

LOCATION AND COST

San Mateo County Regional Operations Center - Training Room
501 Winslow Street
Redwood City, CA 94063

\$225 - Fee includes continental breakfast and afternoon snacks. Attendee registration is first come, first serve. Early registration is highly recommended to reserve your seat. No on-site registration.

SUMMIT FACILITATOR



Heather Williams, PsyD.

*Consultant, Embassy Consulting Services, LLC
Owner, Premier First Responder Psychological Services*

After spending the last 20 years responding to critical incidents in partnership with law enforcement and 5 years with the Orange County Sheriff's Department as the Regional Peer Support Coordinator, Heather elected to take her passion to another level and in 2019, established Premier First Responder Psychological Services. Heather wants to take wellness to another level by creating classes centered around topics that empower public safety professionals to be their authentic warrior selves.

REGISTER ONLINE

Scan the
QR code to register!

or visit
EmbassyConsultingServices.com



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**No refunds, however substitutions will be permitted.*

11278 LOS ALAMITOS BLVD. #232, LOS ALAMITOS, CA 90720 | [EMBASSYCONSULTINGSERVICES.COM](https://EmbassyConsultingServices.com) | 562.577.5874

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