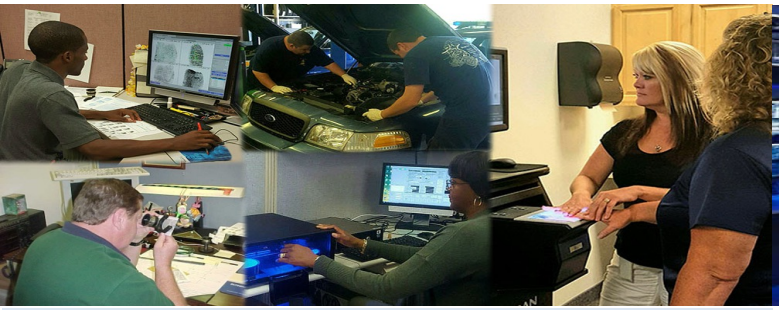
Webster MA Police Department

# Stress to Strength

*Building Resilience and Emotional Intelligence for Public Safety Civilian Professionals*

## POLICE-FIRE-DISPATCH-SHERIFF-CORRECTIONS-EMS



## OVERVIEW

**PUBLIC SAFETY CIVILIAN PROFESSIONALS** (dispatch, clerical and other support staff) often work in the shadows of their uniformed counterparts. These professionals routinely face chronic and cumulative stress that is often overlooked, misunderstood, or mismanaged. This full day workshop equips these critical workers with evidence-based and scientifically supported strategies to improve performance under pressure. Learn practical self-care and resiliency tools to proactively address daily stressors and reduce the long-term impacts on physical health. We will equip you to improve communications and relationships at work and home and help increase your overall quality of life.

**Workshop Outcomes:**

**Everything DiSC Workplace Report.** Participants complete an online assessment and receive a 20-page personalized report with strategies to improve workplace effectiveness. ***Access code provided prior to start of class.***

**Enhanced Self-Awareness.** Participants will be able to identify personal stress triggers and early signs of burnout, enabling proactive self-care.

**Practical Stress Management Skills.** Participants will demonstrate the use of at least three evidence-based techniques (e.g., breathing exercises, micro-breaks, reframing) to manage stress during high-pressure situations.

**Improved Emotional Resilience.** Participants will develop strategies to maintain emotional balance and adaptability when facing workplace challenges

**Supportive Workplace Practices.** Participants will be able to apply communication techniques that foster a culture of empathy, respect, and mutual care among colleagues.

## REGISTRATION INFORMATION

**DATE:** October 30, 2026

**TIME:** 8:00am-4:00pm

**LOCATION:** Webster Police Department
357 Main Street, Webster, MA

**FEE:** $129.00 pp

**AUDIENCE**: Dispatchers, Civilian Professional Staff, Non-Uniformed Personnel


**Program Coordinator**
Dr. Julie Rumrill
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Chief Michael Shaw
shawm@websterpolice-ma.gov


TEAM TRAINING ASSOCIATES

**Dr. Eric Murray**
**35 yr. decorated LE veteran**
**FBI NA Guest Lecturer**

**Dr. Julie Rumrill**
**MBSR**

# STRESS TO STRENGTH

## October 30, 2026

**Payment Contact**
**Dr. Julie Rumrill, Program Coordinator**
**Email: jrumrill@gmail.com**
**Phone: 860-942-1639**

**Fee $129.00pp**

**Payment Information:** Checks can be made payable to
Team Training Associates
P.O. Box 372, Thompson, CT 06277
OR
**Credit Cards also accepted for payment for a nominal processing fee**

Participant's Name

Title/ Rank

Participant's E-mail

Phone (Cell)

Agency/ State

Agency Address

City

State

Zip

Agency Contact

Phone

Agency Contact Email

Additional Participant Name/ Rank

Email/ Phone