

SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION
Mobile Team ASSIST #14

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Mandates are pending ILETSB approval.

P R E S E N T S

2 Hour RE-FRAMING RESILIENCE

Designed for: Personnel who are currently employed by a unit of local government in a sworn capacity.

WHEN: Monday, February 24, 2025 – 10 AM/12 PM

WHERE: Grace Church- TLC Building
5151 North Illinois St., Fairview Heights, IL. 62208

WHO: Caitlyn Brennan, Chief Executive Officer of 100 Club of Illinois

TO REGISTER: Visit our website www.silec.org. **Limit 25.**



In this class, we aim to empower participants with the tools and strategies needed to build and sustain resiliency both personally and professionally. Participants will learn how to define resilience in their own lens, identify red flags, build tolerance, and create a network of support that fosters continual growth. The course highlights several tools to self-evaluate and seek out support.

The goals of “Re-Framing Resilience” are to:

- **Understand Resilience and Identify Derailments:** Define resilience and how to incorporate it into both personal and professional lives. Navigate red flags and what to do when optimism fades.
- **Identify Key Components:** Discover the essential elements of resiliency, such as stress management, effective communication, and de-escalation and regulation of response.
- **Counter Adverse Stress Response:** Develop strategies for initiating and maintaining tolerance to stress and trauma, including networking techniques, and relationship management skills.
- **Enhance Mental Wellness Toolkit and Build Connection:** Explore ways to effectively mitigate negative wellness responses. Discover local and statewide connections and learn how to utilize available services.