



Southeastern Public Safety Institute

St. Petersburg College

Presents

STRESS MANAGEMENT TECHNIQUES

APRIL 5 – 9, 2010

40 HOURS

**Approved for CJSTC Salary Incentive
And Mandatory Retraining**

STRESS MANAGEMENT TECHNIQUES

April 5-9, 2010 8 am – 5 pm

Allstate Center 205

Fee: \$458.20 Pre-registration Required

This 40-hour salary incentive course is designed to enhance the law enforcement, correctional and correctional probation officer's ability to deal with stressful situations that are inherent in the criminal justice profession. A general awareness of the causes and types of stress, as well as ways to resolve stress, should lead to more effective job performance. This course emphasizes application of stress resolution techniques, both personal and organizational including eight (8) hours of physical fitness training.

Participants are required to bring to class (bring on the first day along with change of clothes):
Workout attire [shorts, shirt, tennis shoes], two towels and a calculator.

Presenter Jeff Helms, has operated Diversified Training Services since 1998, and is a SEPSI adjunct instructor. He received his Bachelor of Science and Masters of Public Administration degrees from University of Central Florida. His work concentrates on the development and facilitation of advanced/specialized training programs for both law enforcement and corrections.

Facilitator: Randy Lewis, B.A., M.A., (727) 341-4518
To register, please call (727) 341-4516 or fax (727) 341-4547

St. Petersburg College

SEPSI

Advance Registration of Seminar Applicants

In the space provided below, please *print* the names of those who will be attending the announced program.
Cancellations must be received 16 days prior to class to avoid charge.

Name of Attendee	SSN or DOB	Agency	Telephone Number
_____	_____	_____	() _____
_____	_____	_____	() _____
Signature: _____	Department/Agency: _____		
Agency Administrator: _____	Address: _____		
Title: _____	City/State/Zip: _____		

FEE INCLUDES CLASS MATERIALS. Agency will be billed if fees are not paid when attendees arrive.

Return to: Southeastern Public Safety Institute
St. Petersburg College
P. O. Box 13489
St. Petersburg, FL 33733-3489
(727) 341-4500 or Fax (727) 341-4547

PLEASE: NO CASH PAYMENTS
Check/Money Order Only — To St. Petersburg College
 Check enclosed
 Credit Card #: _____ Exp. _____
(SPC accepts Visa, Master Card and American Express)

Name of Seminar: Stress Management Techniques April 5-9, 2010

St. Petersburg College is dedicated to the concept of equal opportunity. The college will not discriminate on the basis of race, color, religion, sex, age, national origin, or marital status, or against any qualified individual with disabilities, in its employment practices or in the admission and treatment of students. Recognizing that sexual harassment constitutes discrimination on the basis of sex and violates this rule, the college will not tolerate such conduct. Should you experience such behavior, please contact Pamela Smith, the director of EA/EO at (727) 341-3261; by mail at P.O. Box 13489, St. Petersburg, FL 33733-3489; or by e-mail at eaao_director@spcollege.edu.