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EMOTIONAL INTELLIGENCE FOR PUBLIC SAFETY

Emotional Intelligence is the ability to understand and control your own emotions and recognize and influence the emotions of others. **THESE SKILLS ARE ESSENTIAL FOR ANYONE WHO SERVES IN PUBLIC SAFETY.**

Public safety employees are in the people business and they need training on dealing with people. EQ is the answer! This EQ workshop will focus on 5 core competencies; self-perception, self-expression, interpersonal, decision making, and stress management. Armed with this knowledge, participants will gain greater understanding of their emotions and how those emotions can impact their professional and personal lives.



Hosted by the Spokane County Sheriff

January 10th, 2024 from 0830-1630

13033 W SR 902, Spokane, WA

Tuition \$199 per attendee

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