

Readiness Workshop Series

Urbana, IL

6-7 June, 2022



Responder Readiness (4-Hours): *Performance, Persistence, and Prevention.* Participants should expect to leave this workshop with a better understanding of how stress and trauma affect first responder performance and be equipped with techniques to build resilience and initiate difficult conversations. This workshop is open to corrections officers, firefighters, EMS providers, police officers, and dispatchers. Agency civilian staff may also attend if space is available.

Train the Trainer (8-Hours): This course prepares trainers and supervisors to deliver the First H.E.L.P. Responder Readiness Workshop for members of their agency. Participants should expect to leave the workshop prepared to deliver all three modules of the Responder Readiness Workshop: Performance, Persistence, and Prevention. 4-Hour *Responder Readiness workshop is a pre-requisite.*

Hosted By

Illinois Law Enforcement Alarm System
POC: Michele Watson
(217) 531-0467

Location:

ILEAS Training Center
1701 East Main St.
Urbana, IL 61802

Nearby Hotel:

Several near the training location

Nearby Airport:

Chicago O'Hare International Airport (ORD)

Duration:

#ResponderReadiness (4-Hours)
Train-the-Trainer (8-hours)

Tuition: FREE

Schedule of Workshops

Monday

0800-1200: Responder Readiness (Group #1)
1300-1700: Responder Readiness (Group #2)

Tuesday

0800-1700: Train the Trainer

Register:



Made possible by:



<https://1sthelp.org/event/urbana/>

For All First Responders



Responder Readiness (4-Hours): In this workshop facilitated by an experienced first responder, participants will engage in meaningful conversations about the stressful and often traumatic life of a first responder. Participants should expect to leave the workshop with a better understanding of how stress and trauma affect first responder performance and be equipped with techniques to build resilience and initiate difficult conversations

Outcomes:

PERFORMANCE

- 1) Describe stress and differentiate between two types.
- 2) Recognize the effects of stress on performance.

PERSISTENCE

- 3) Initiate an #IWillListen / #IWillTalk conversation.
- 4) Identify at least five resources for officers in your agency.

PREVENTION - A RANGE of Options

- 5) Explore resilience and healthy habits
- 6) Employ a RANGE of five resilience skills



Train-the-Trainer

This 8-hour workshop prepares trainers and supervisors to deliver the First H.E.L.P. Responder Readiness Workshop for members of their agency. Participants should expect to leave the workshop prepared to deliver all three modules of the Responder Readiness Workshop: Performance, Persistence, and Prevention.

