



LAW ENFORCEMENT SEMINARS LLC

Course Title: Public Safety Wellness

Sponsored By: Kansas City Regional Training Academy

Length of Course: 12 Hours (1.5-day course)

Date: July 30 & 31, 2026

Registration Fee: \$445.00

Training Location: Kansas City Regional Training Academy
6885 NE Pleasant Valley Rd
Kansas City, Missouri 64119

Training Hours: Day 1 8:00am - 5:00pm
Day 2 8:00am - noon



The physical, mental, and emotional demands of modern-day policing can leave officers feeling frustrated, unappreciated, overworked, and burnt out. This, in turn, leads to more frequent absenteeism, poor job performance, questionable decision making, and disciplinary issues. Participants in this law enforcement-specific course learn the subtle yet severe stressors present in police work that lead to behavioral dysfunction. They are given resiliency strategies, tactics, and information to combat the negative effects of short- and long-term job-related stress. Participants will gain increased awareness and tools to improve their mental, physical, and financial health and to support their career longevity and productivity.

Participants will leave feeling increased engagement in their daily work, a renewed perspective on their career, and with a framework and resources for living a more healthy, balanced, and successful life on and off duty. In this course, you will learn about:

- STRESS & MANAGEMENT
- IMPROVING RELATIONSHIPS
- FINANCIAL LITERACY
- WORK LIFE/HOME LIFE BALANCE
- PHYSICAL HEALTH
- WEALTH BUILDING

REGISTER ONLINE at www.lawenforcementseminars.com

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