



Stress to Strength

*Building Resilience and Emotional Intelligence for
Public Safety Civilian Professionals*

POLICE-FIRE-DISPATCH-SHERIFF-CORRECTIONS-EMS



OVERVIEW

PUBLIC SAFETY CIVILIAN PROFESSIONALS (dispatch, clerical and other support staff) often work in the shadows of their uniformed counterparts. These professionals routinely face chronic and cumulative stress that is often overlooked, misunderstood, or mismanaged. This full day workshop equips these critical workers with evidence-based and scientifically supported strategies to improve performance under pressure. Learn practical self-care and resiliency tools to proactively address daily stressors and reduce the long-term impacts on physical health. We will equip you to improve communications and relationships at work and home and help increase your overall quality of life.

Workshop Outcomes:

Everything DiSC Workplace Report. Participants complete an online assessment and receive a 20-page personalized report with strategies to improve workplace effectiveness. **Access code provided prior to start of class.**

Enhanced Self-Awareness. Participants will be able to identify personal stress triggers and early signs of burnout, enabling proactive self-care.

Practical Stress Management Skills. Participants will demonstrate the use of at least three evidence-based techniques (e.g., breathing exercises, micro-breaks, reframing) to manage stress during high-pressure situations.

Improved Emotional Resilience. Participants will develop strategies to maintain emotional balance and adaptability when facing workplace challenges

Supportive Workplace Practices. Participants will be able to apply communication techniques that foster a culture of empathy, respect, and mutual care among colleagues.

REGISTRATION INFORMATION

DATE: October 29, 2026

TIME: 8:00am-4:00pm

LOCATION: WESTCOMM Regional Dispatch
645 Shawinigan Drive
Chicopee, MA 01020

FEE: \$129.00 pp

AUDIENCE: Dispatchers, Civilian Professional Staff,
Non-Uniformed Personnel

Program Coordinator

Dr. Julie Rumrill

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Fire Chief John Rigney

jrigney@longmeadowma.gov



TEAM TRAINING ASSOCIATES



Dr. Eric Murray
35 yr. decorated LE veteran
National Speaker
Executive Coaching



Dr. Julie Rumrill
MBSR, Resiliency Coach

STRESS TO STRENGTH

October 29, 2026

Payment Contact

Dr. Julie Rumrill, Program Coordinator

Email: rumrillj@gmail.com

Phone: 860-942-1639

Payment Information: Checks can be made payable to

Team Training Associates

P.O. Box 372, Thompson, CT 06277

OR

Credit Cards also accepted for payment for a nominal processing fee

Fee \$129.00pp

Participant's Name

Title/ Rank

Participant's E-mail

Phone (Cell)

Agency/ State

Agency Address

City

State

Zip

Agency Contact

Phone

Agency Contact Email

Additional Participant Name/ Rank

Email/ Phone