



# 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. Emotional Intelligence (EQ) is the answer! This workshop will focus on the practical application of EQ and how it impacts the individual, their team, the community, and the Public Safety profession. Armed with this knowledge, participants will gain greater understanding of their emotions and how those emotions can impact their professional and personal lives.



Registration QR



**Hosted by the Rancho Cordova Police Department**

**September 22, 2022 from 0800-1700**  
2897 Kilgore Road, Rancho Cordova  
POST Plan IV 1176-1241-22  
STC Certified-10518-86070  
Tuition \$199 (Includes PSEQ Assessment/student workbook)

Registration Link  
<https://forms.gle/Yzgz4DRx36YeK6MH8>  
[www.sitnasolutions.com/workshops](http://www.sitnasolutions.com/workshops)  
(916) 534-8067  
michael@sitnasolutions.com