



# Stress Management Techniques CWL- 0192 FDLE-050 (Salary Incentive)

## 40 Hours

**Instructor:**

**Dr. Lisa Grossman**

**Date(s):**

November 18 – 21, 2024  
Monday-Thursday  
Time: 0700 – 1800

**Location:**

Criminal Justice Bldg. J  
St. Augustine Campus  
2990 College Dr.  
St. Augustine, FL 32084

**Cost:** No cost to officers in Region V.

**Class Limit:** 25 students

**Dress Code:** NO Flip Flops, Shorts, Jeans, Tank tops, or T-shirts unless specified.

**All questions should be directed to:**

Ms. Beal Workforce Assistant  
[joannbeal@sjrstate.edu](mailto:joannbeal@sjrstate.edu)  
(904) 808-7491

Brian Harrington -  
Coordinator for Career Development (904) 808-7421  
[brian.harrington@sjrstate.edu](mailto:brian.harrington@sjrstate.edu)

The course is designed to provide officers with the knowledge, skills, and abilities to recognize and deal with stress. Students must pass a written exam with a score of 80% or better. Sign up early.

**Deadline for Registration: October 13, 2024**

**Print Clearly or Type**

Officer's Name: \_\_\_\_\_

DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_      SS# last 4 \_\_\_\_\_

Officer's Email Address:  
\_\_\_\_\_

Agency \_\_\_\_\_ Agency Phone # \_\_\_\_\_

**The section below must be completed by the agency's authorized training personnel.**

Sworn LEO \_\_\_\_\_ Salary Incentive: \_\_\_\_\_

Sworn Corrections \_\_\_\_\_ Mandatory \_\_\_\_\_

Civilian Employee \_\_\_\_\_

Authorization Signature \_\_\_\_\_

Printed Authorization Name: \_\_\_\_\_

Authorizing Person's Email: \_\_\_\_\_

**Print Clearly**