

SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION
Mobile Team ASSIST #14

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MANDATES: 2 Hrs. Cultural Competency and 6 Hrs. Procedural Justice

P R E S E N T S

8 HOUR THE WINNING MIND

Friday, May 31, 2024- 8AM/5 PM

WHERE: Grace Church- 5151 North Illinois St., Fairview Heights, IL.

WHO: Dave Smith, Former Lt. with the Tucson, Arizona Police Department

TO REGISTER: Visit our website www.silec.org. **Limit 50!**



Lesson Plan:

- 1. Introduction**
 - A. Instructor and Disclaimer
 - B. Rituals and Honor
 - C. Mission and Songs of the Fallen
 - D. Winning vs. Surviving
 - E. "Winning the Whole Event"
- 2. Psychology of Winning**
 - A. External Beliefs
 - B. Internal Beliefs
- 3. What True Warriors Believe**
 - A. Values
- 4. Decisions Under Stress**
 - A. Schmidt's Schema
 - B. Klein's Recognition Primed Decision Making
- 5. Maintaining Optimism**
 - A. Avoid Victim-Based Thinking
 - B. Role and Science of Forgiveness
 - C. Develop Coping Skills
 - D. Dr. Satel's Preventative Steps
 - E. Resilience
 - F. Choose PTG v. PTS
- 6. Battling the Bureaucracy**
 - A. Discipline v. *Discipline*
 - B. The Problem with Systems

- C. Change in a Bureaucracy
- D. The Power of Positive Annoyance

7. Conclusion

- A. Maintaining optimism
- B. Choose your Battles Wisely
- C. Know What You Control (and what you don't!)
- D. Love Your Profession, Not Your Agency
- E. The "NOT TODAY!" Mindset

Funding made available by the Illinois Law Enforcement Training and Standards Board, Southwestern Illinois Law Enforcement Commission, ASSIST #14 Partnership and the seven counties of Bond, Clinton, Madison, Monroe, Randolph, St. Clair and Washington. MTU 14 request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board.