

# SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION

## Mobile Team ASSIST #14

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**MANDATES:** 1 Hr. Human Rights and 7 Hrs. Procedural Justice

P R E S E N T S

# 8 HOUR DEVELOPING WOMEN LEADERS

**MONDAY, OCTOBER 7, 2024 – 8 AM/5 PM**

**Belleville Police Department 720 West Main St., Belleville, IL. 62220**

**WHO:** Brenda Dietzman, Owner/CEO of Wayfinder Consulting, LLC.

**TO REGISTER:** Visit our website [www.silec.org](http://www.silec.org). **Limit 45!**



**Who should attend? ALL women who work in and around first responder professions.**

Women are underrepresented in public safety and particularly in leadership positions. There are external factors that play a role in this, but the core of this workshop will examine the unconscious actions and beliefs that can hinder women's development and success in their chosen profession. We will explore how imposter syndrome stifles women's careers and how to overcome the feeling that they are not quite ready for that promotion or project. Plus, learn how to overcome the daily battle with the inner critic that reinforces insecurities. Whether you are pursuing a promotion or not, this experiential, information packed workshop will give you effective strategies that produce meaningful change in life and in your career.

### **Topics will include:**

- Wellness
- Perfectionism
- Mentoring/Coaching/Advocating
- Personal Branding
- Supporting Women
- Family Planning & Relationships
- Boundaries
- Life & Career Goals
- Living with Intention