

# Science of Wellness for Dispatchers

**Open to ALL States  
and Centers**

Students who attend this class will learn concepts of wellness and the science behind the benefits of mindfulness and wellness practices. While also learning the science of why the work of public safety dispatching is so demanding and understanding the scientific research on the correlation between the nature of the stressful work and wellness.

Created specifically for dispatchers taking into account the unique challenges of the profession.

**Cost:**

**Free to California Dispatchers  
\$125 per participant for those  
outside of California**

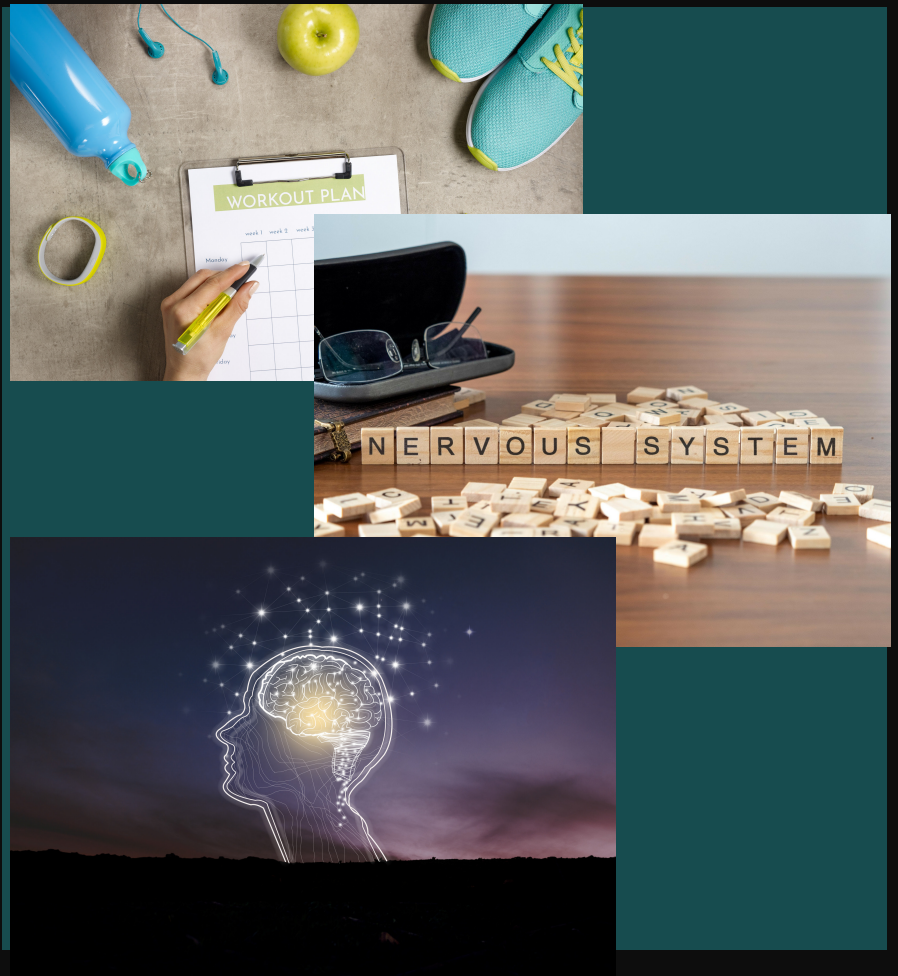
\*Must be a currently employed public safety dispatcher to attend.

\*California POST Certified; provides California POST Credits to those applicable

\* Accredited through the State of New Mexico; provides NMLEA training hours to those applicable

\*Approved for CEU Hours by the Alabama 911 Board

\*Certified by Alaska POST



**Wellness with a  
scientific point of view!**



for questions  
email [info@dispatchwellness.com](mailto:info@dispatchwellness.com)

[www.dispatchwellness.com/online](http://www.dispatchwellness.com/online)

# Dispatchers WELLNESS

**Open to ALL States  
and Centers**

Students who attend Dispatchers Wellness will learn concepts and applications of simple mindfulness tools to help with stressors of the job and increase wellness and resilience.

Research shows that among its many benefits mindfulness can help reduce stress, reduce emotional reactivity, and increase the ability to participate in the present moment. Created specifically for dispatchers taking into account the stressors of the job.

**Cost: \$125.00**

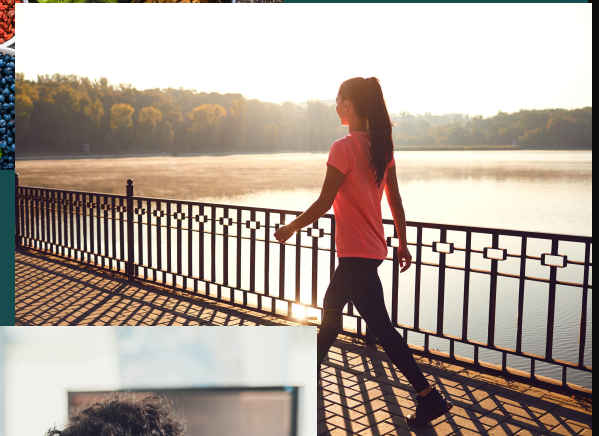
**\*Must be a currently employed public safety dispatcher/telecommunicator to attend.**

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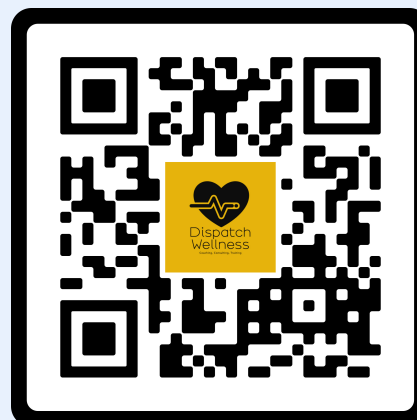
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**\*Certified by Alaska POST**



**Learn about  
wellness concepts, mindfulness,  
nutrition, and movement.**



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