



Col. Brenda Dietzman (Ret.)

# Leadership Reset

*Leading Yourself to Better Lead Others*

Hosted by the Gardner Police Department

## April 9-11, 2025

- April 9 Fortifying Your Personal Wellbeing: Tactical Strategies for Mental, Emotional, and Physical Resilience So You Can Thrive Through Life—8 hours
- April 10 Crafting Your Career Path: Mapping Success and Developing Your Personal Brand—2 hours  
Mastering Conflict: Science-Backed Strategies for First Responders—2 hours  
Empower Yourself & Strengthen Team Dynamics: Navigating Career Challenges and Personal Hurdles—4 hours
- April 11 Harnessing the Power of Generations: Working Better, Together—4 hours  
Efficiency Unleashed: Time-Saving Strategies for Effective Leadership - 2 hours  
Retirement Redefined: Charting Your Path to a Fulfilling Future –2 hours

**Cost:** \$150 or \$50/day

**Location:** Gardner Police Department – 16540 Moonlight Rd – Gardner, KS

**Registration:** Contact Kathy Wilmoth

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**Col. Brenda Dietzman** (Ret.) has over 28 years of law enforcement and corrections experience. She is an IADLEST internationally certified trainer and has presented to audiences across the United States and from 21 different countries. She has worked with several organizations including IACP, AJA, NTOA, WIFLE, NLETS, NSA and MCSA. She is a regular contributor to the National Sheriffs' Association and American Jail Association magazines.

**Space is limited!**

<p>Wednesday April 9</p> <p>All Day</p>	<p><b>Fortifying Your Personal Wellbeing: Tactical Strategies for Mental, Emotional, and Physical Resilience So You Can Thrive Through Life</b></p> <p>As first responders, you face unique and intense challenges that can take a toll on your mental, emotional, and physical health. This comprehensive session is designed to equip you with practical strategies to fortify your personal wellbeing, ensuring you can perform at your best while maintaining a healthy balance in your life.</p> <p><b>What You'll Learn:</b></p> <ul style="list-style-type: none"> <li>• <b>Mental Resilience:</b> Discover techniques to manage stress, prevent burnout, and maintain mental clarity even in high-pressure situations.</li> <li>• <b>Emotional Strength:</b> Learn to identify and regulate your emotions, build emotional intelligence, and develop coping strategies for dealing with traumatic events.</li> <li>• <b>Physical Wellbeing:</b> Explore ways to maintain physical health through proper nutrition, exercise, and rest, tailored specifically for the demands of first responders.</li> <li>• <b>Work-Life Balance:</b> Gain insights into balancing professional responsibilities with personal life, ensuring you have the energy and focus to thrive both on and off the job.</li> </ul> <p><b>Sustainable Practices:</b> Develop long-term habits that support overall wellbeing, helping you stay resilient and effective throughout your career.</p> <p>This session promises engaging discussions, practical insights, and actionable strategies that will help you build resilience and improve your overall wellbeing. By investing in your personal health, you can better serve your community, enhance your professional performance, and enjoy a fulfilling, balanced life.</p>
<p>Thursday April 10</p> <p>8-10</p>	<p><b>Crafting Your Career Path: Mapping Success and Developing Your Personal Brand</b></p> <p>Discover your unique brand and chart your career path with intention and purpose. This engaging class is designed to help you understand and leverage your personal brand to navigate your career journey. Learn how to create a strategic plan to make a positive impact, continuously grow your legacy, and advance your organization throughout your career. We'll explore how optimism, education, purpose, legacy building, flexibility, and networking are essential tools for career growth, and how to effectively develop and use them.</p>
<p>10-12</p>	<p><b>Mastering Conflict: Science-Backed Strategies for First Responders</b></p> <p>Conflict resolution is at the core of many first responder professions. While we often rely on trial and error to find techniques that work, understanding the science behind conflict and its resolution can equip us to handle a variety of challenging situations more effectively.</p> <p>In this session, we'll dive into conflict theory, intervention strategies, and techniques for managing difficult conversations and scenarios that first responders encounter.</p> <p>By the end of this session, participants will have a toolkit of science-backed strategies to navigate conflicts confidently, enhance their communication skills, and foster a more harmonious and productive work environment. Join us to elevate your skills to the next level.</p>
<p>1-5</p>	<p><b>Empower Yourself &amp; Strengthen Team Dynamics: Navigating Career Challenges and Personal Hurdles</b></p> <p>In this empowering class, we will delve into the challenges that both men and women face in their professional and personal lives, including dealing with the inner critic, imposter syndrome, perfectionism, and the impact of family responsibilities like child-rearing and household tasks. Together, we'll explore practical strategies to overcome these hurdles and achieve a harmonious balance between career and life.</p>

<p>Friday April 11 8-12</p>	<p><b>Harnessing the Power of Generations: Working Better, Together</b></p> <p>Dive into the dynamic world of generational strengths and differences in the workplace with this compelling session! As Gen Zers embark on their careers, Millennials take over leadership roles, and as Gen Xers and Baby Boomers are leaving the profession, it's crucial to understand and leverage the unique strengths and responsibilities each bring to our organizations.</p> <p>In this refreshing and insightful session, we'll explore the positive characteristics of the different generations and how to effectively utilize their unique skill sets. We'll delve into how different generational upbringing has shaped them into the employees they are today. By examining research-based studies, we'll uncover strategies to recruit, retain, motivate, and develop these individuals into the leaders we need now and in the future.</p> <p>This workshop promises engaging discussions, practical insights, and actionable strategies to help you harness the power of generational diversity and drive success in your organization.</p>
<p>1-3</p>	<p><b>Efficiency Unleashed: Time-Saving Strategies for Effective Leadership</b></p> <p>Ever found yourself in a meeting thinking, "This could've been an email"? Leadership often comes with the habit of following traditional practices, but in today's fast-paced world, efficiency is key. By mastering efficient strategies for handling the business side of leadership, you can focus on what truly matters and save precious time for everyone involved.</p> <ul style="list-style-type: none"> <li>• <b>Lead Meetings Effectively:</b> Transform your meetings into productive sessions that drive results.</li> <li>• <b>Manage To-Do Lists:</b> Master the art of creating and prioritizing tasks to stay on top of your workload.</li> <li>• <b>Improve Time Management:</b> Discover techniques to make the most of your time and boost productivity.</li> <li>• <b>Tame Inboxes:</b> Implement strategies to manage your email efficiently and reduce clutter.</li> <li>• <b>Utilize Time Multipliers:</b> Leverage tools and methods that help you get more done in less time.</li> <li>• <b>Delegate Tasks:</b> Learn to delegate effectively, ensuring tasks are completed by the right people.</li> </ul> <p><b>Conduct Process Reviews:</b> Perform regular reviews to streamline processes and enhance overall performance.</p> <p>Join us for this enlightening session and unlock the secrets to efficient leadership. By implementing these time-saving strategies, you'll be able to lead with precision and purpose, making a significant impact on your team and organization.</p>
<p>3-5</p>	<p><b>Retirement Redefined: Charting Your Path to a Fulfilling Future</b></p> <p>Retirement is an exciting milestone, offering the freedom to pursue your passions and interests. However, it also brings uncertainty as you transition from a structured routine and lifelong colleagues to an open, uncharted territory. After years of dedication to your career, you may find yourself facing the daunting question of "what now?"</p> <p>Join us for this enlightening session where we will delve into the key aspects of a fulfilling retirement. Together, we'll explore how to manage your finances, nurture relationships, adjust to the new phase of life, and maintain your physical, emotional, social, and spiritual health. We will provide you with a comprehensive blueprint for navigating retirement before, during, and after the transition, ensuring that your well-earned retirement is not just enjoyable but also meaningful and purposeful.</p> <p>Don't miss this opportunity to gain valuable insights and practical strategies that will help you embrace retirement with confidence and joy.</p> <p>If you are five years or 30 years away from retirement,</p>