

Stress Management for Todays Policing

Police and Law Enforcement

Course Overview

Stress Management for Todays Policing: a 5-day professional training course from LTC Consultants, delivered in-classroom across Africa and live online.

What You Will Achieve

- Explain the core principles and current good practice in Stress Management for Todays Policing
- Apply practical tools and techniques for Stress Management for Todays Policing in your own organisation
- Analyse real-world scenarios and select the right approach with confidence
- Avoid the common pitfalls that undermine Stress Management for Todays Policing in practice
- Build a personal action plan to implement what you have learned

Who Should Attend

Directors, senior managers, heads of department, team leaders and high-potential professionals preparing for greater leadership responsibility.

Course Outline

1. Foundations of Stress Management for Todays Policing: principles, terminology and context
2. The business case: why Stress Management for Todays Policing matters to performance
3. Core tools, frameworks and methods
4. Applying the tools: guided case study and exercises
5. Common pitfalls and how experienced practitioners avoid them
6. Working with stakeholders: communication and influence
7. Measuring results and continuous improvement
8. Personal action planning and course review

Upcoming Dates and Fees

DATES	VENUE	FEE (PER DELEGATE)
21 to 25 Sep 2026	Johannesburg	\$1,650
5 to 9 Oct 2026	Cape Town	\$1,450
12 to 16 Oct 2026	Nairobi	\$1,650
26 to 30 Oct 2026	Kampala	\$1,450
2 to 6 Nov 2026	Durban	\$1,395
16 to 20 Nov 2026	Accra	\$1,395
23 to 27 Nov 2026	Online	\$800
7 to 11 Dec 2026	Lagos	\$1,395

LTC Consultants

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Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.