

HOSTED BY THE  
NORTH LIBERTY POLICE DEPARTMENT

# AVOIDING BURNOUT: FROM FATIGUE TO FULFILLMENT



## Training Highlights Include:

- Recognize the signs and symptoms of burnout unique to law enforcement.
- Explore strategies to manage stress and reduce the risk of emotional exhaustion.
- Learn techniques to improve sleep, nutrition, and work-life balance.
- Discover ways to regain fulfillment, motivation, and resilience in your career.

**COST:** \$150 per person

**Where:** North Liberty Police Department.  
340 N. Main St.. North Liberty, IA, 52317

**DATE:** | August 13 - 2026 | **TIME:** 8:00 AM - 5:00 PM



**SILVER STATE CONSULTING**  
PUBLIC SAFETY TRAINING  
NATIONALLY ACCREDITED & CERTIFIED PROVIDER

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