



For the health of correctional agencies, staff and families

TRAINING CURRICULUM PARTICIPANT OUTLINE

A. COURSE TITLE

“From Corrections Fatigue to Fulfillment™”

B. TRAINING GOALS and OBJECTIVES

The *From Corrections Fatigue to Fulfillment™* (CF2F) is an 8-hour course designed to:

- (a) educate correctional professionals on the nature of *Corrections Fatigue*, its facets and its precursors, and
- (b) present strategies for deterring Corrections Fatigue and boosting staff well-being, professional growth and overall mental, emotional and physical health, resulting in *Corrections Fulfillment*.

From Corrections Fatigue to Fulfillment Objectives:

- Describe the nature and causes of Corrections Fatigue.
- Identify strategies to increase fulfillment as a correctional professional.
- Identify strategies to manage stress associated with corrections work.
- Identify organizational strategies to cultivate a positive organizational climate.

C. TARGET AUDIENCE

Target Audience: Federal, state, county and city corrections professionals

D. FORMAT and CONTENT

From Corrections Fatigue to Fulfillment is an 8-hour, interactive course designed to involve the learner in open discussion to acquire new information, insight and self-awareness. The course includes engaging in small and large group activities, scenario-based learning and self-reflection activities, to promote the application and practice of healthy, proactive and life-fulfilling strategies.

From Corrections Fatigue to Fulfillment™ is delivered by specifically trained and certified instructors, utilizing a visually inspiring Power Point presentation and a

comprehensive, interactive Participant Manual. The learner is fully engaged throughout this training program.

Maximum Number of Participants: 25

Length of Course: 8 hours

Course Content / Outline

- 8:00 am Introductions, Expectations and Housekeeping
- 8:15 am Slides 1-11. Objectives, Staff Stories, *Work Impact Assessment*, Corrections Fatigue Definition, Characteristics, Consequences, Phases of Change, Continuum, Staff Suicide
- 9:50 am 10-minute Morning Break
- 10:00 am Slides 12-23. Types of Corrections Work Stressors, CF Process Model, Challenges, Two Paths to Corrections Fatigue, Personality Changes, Workplace Culture, Silent Witness Activity
- 11:45 am 1-hour Lunch
- 12:45 pm Slides 24-38. Big 7 Definitions, Big 7 Small Group Activity, Toward Fulfillment, The Self-care ABCs, *Personalizing the ABCs*
- 2:15 pm 10-minute Afternoon Break
- 2:25 pm Slides 39-57. Healthy Identity, Worldview and Spirituality, *Professional Growth*, Positive Leadership, Positive Organizational Climate, Organizational Strategies, Professional Vision Activity, *Toward Fulfillment*
- 5:00 pm Slide 58. Closing Remarks

In italics: Individual activities.

For additional information, please contact us at admin@desertwaters.com or call us at 719-784-4727.

Version 7/2021

DWCO Mission

Advancing the well-being of correctional staff and their families,
and the health of correctional agencies, through data-driven, skill-based training