

Hosted by:



CCECD Cameron County
Emergency
Comm District

A Training Day with:

The **Healthy** Dispatcher

TRAINING COURSE TITLE:

THE POWER OF RESILIENCE:

HOW TO BEAT DISPATCHER BURNOUT

April 29, 2025: 0800-1700 HRS



Join Adam Timm, founder of The Healthy Dispatcher, for an energetic training class filled with proven steps and insights to help you thrive in your 9-1-1 career.



COURSE DESCRIPTION:

9-1-1 work is challenging, with vicarious trauma, long hours, tough calls, and difficult callers. Thriving requires a personal leadership approach. Research shows that 9-1-1 pros who prioritize resilience are happier, more confident, and make a bigger impact. This session shares insights and stories from leading centers nationwide, underscoring the importance of resilience at both personal and organizational levels.

LEARNING OBJECTIVES:

- ✓ Understand the cause of work-related **vicarious trauma**
- ✓ Bring these **tools & perspectives** into your work day
- ✓ Identify **3 specific** ways you can prioritize your personal success
- ✓ **Limit** work & home stress & feel better



Training Location:
**Cameron County
Emergency Comm District**
501 Camelot Dr, Harlingen, TX 78550

**Contact
Info Below**

For More Information and to Register, please email:

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