Proven Strategies for a Successful Career

JCJC

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Criminal Justice Training Solutions
Think of a Problem

- Professional
- Personal
Not this problem!!!
Do you have a stressful occupation?

- Expectation vrs. Reality
Proactive Thinking and Behavior

Proactive vrs. Reactive thinking
Where do you put your energy??

- Circle of Concern
- Circle of Influence
Paradigm

Your View of the World – Is not the same as other’s see it
Paradigm
Your Paradigm

☐ Scout Leader
Relationships

- Emotional Bank Account
The Danger of “What you put at your Center”

- Understanding what you control, and the phenomenon of the job you are involved in
Cynicism

- Learned from Senior Staff
- Being distrustful – keeps you alive
- Sources that leads to a healthy cynicism
The Hyper-vigilance Cycle

On Duty

Alert, Alive, Energetic, Humorous, Involved

Normal Citizens Range of Risk

Off Duty

Tired, Detached, Isolated, Apathetic
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Impact of the Hyper-vigilance Cycle

- 1. Social Isolation at Home
- 2. Unwilling to engage in conversation not about the job
- 3. Reduced friends and acquaintances
- 4. Procrastination about life decisions
- 5. Infidelity
- 6. Non-involvement in children’s needs and activities
- 7. “I usta” syndrome
Eventually, over time

- The job “I ustá” love, I now hate.
The cycle continues…

- Your self concept changes
- You forget what you control, and focus on what other forces control (such as the agency, administration, politics, etc.)
- Injustice becomes a huge factor and the blame game begins
- Your focus becomes unhealthy (complaining, grievances, lawsuits, quitting)
Survivors

- Practice Proactive Thinking
Survivors

What can we do about it?
Survivors

- Practice Aggressive Time Management and Goal Setting
Survivors

- Practice Physical Fitness
Survivors

Control Their Financial Well Being
Survivors

- Have Multiple Roles in their Lives
The Four Dimensions

- Physical
- Social/Emotional
- Mental
- Spiritual