

TWO-DAY WORKSHOP: 'FROM CORRECTIONS FATIGUE TO FULFILLMENT'

'From Corrections Fatigue to Fulfillment' is designed to educate corrections professionals on all aspects of corrections fatigue. The workshop presents strategies for deterring fatigue and boosting individual well-being and professional growth that will lead to corrections fulfillment.

The course will:

1. Define and explore the wellness-related challenges of corrections work.
2. Examine strategies to prevent and counter corrections fatigue and its individual and organizational effects.
3. Identify individual and organizational strategies to pursue positive growth and professional satisfaction and lay the foundation for increased resilience in the persistent adversity of corrections work.

This voluntary workshop is open to all staff. Advanced registration is required.

If you are interested in participating, contact your Staff Wellness facility coordinator.

Questions? Contact:
doc.staffwellnessresponseteam@illinois.gov



NORTHERN REGION

EAST MOLINE

- February 3 & 4
- March 17 & 18
- April 17 & 18

JOLIET

- January 16 & 17
- March 11 & 12
- May 7 & 8

OTTAWA

- February 27 & 28
- April 8 & 9

CENTRAL REGION

BLOOMINGTON

- January 13 & 14
- March 11 & 12 *
- April 9 & 10

CANTON

- January 7 & 8 *
- February 5 & 6
- March 5 & 6
- April 1 & 2
- May 5 & 6

MT. ZION

- January 23 & 24
- February 26 & 27
- March 26 & 27
- April 23 & 24

PITTSFIELD

- January 27 & 28
- February 24 & 25
- April 17 & 18
- May 1 & 2

SOUTHERN REGION

CARTERVILLE

- January 13 & 14
- January 30 & 31
- February 13 & 14
- February 24 & 25
- March 13 & 14
- March 24 & 25
- April 7 & 8
- April 24 & 25
- May 5 & 6
- May 22 & 23

MT. VERNON

- January 9 & 10
- February 3 & 4
- March 4 & 5
- April 2 & 3
- May 1 & 2

* denotes supervisor workshop