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Fear is Negotiable: Business Survival Skills 101

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February 18th 2014: Preparedness through Mental and Physical Wellness

Whether you are at work, in a business, or at home, it is important to be prepared to respond to a violent confrontation. Having a plan and training for emergencies is extremely important. However, an important aspect often left out in preparation is one's physical and mental wellness. Mike Schlosser, Ph.D., Director of the University of Illinois Police Training Institute and guest host for today's show, will discuss the importance of exercise, nutrition, and overall wellness when having to perform under stress. Mike will discuss some very simple changes everyone can make in their lives to

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Featured Guest



Mike Schlosser, Ph.D.

Mike Schlosser, Ph.D. is the Director of the Police Training Institute at the University of Illinois. Mike is a 20 year veteran of the Rantoul, IL Police Department, where he retired as a Lieutenant, and has a Ph. D. of Education, Secondary and Continuing Education from the University of Illinois. Prior to becoming PTI's Director, Mike was an instructor for the Police Training Institute. Mike has been awarded the Governor's Award for Excellence in Law Enforcement Training. Mike is a frequent author and nationally known speaker on topics related to the training of law enforcement officers, officer wellness and stress management techniques. Mike's unique approach to training, including a

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