



National Institute of Corrections

Quick Question. . . Is It Worth It? You Bet.

Working on the frontline in corrections, you have a lot to endure. But is it all worth it? Is the stress you bear worth the long hours, the rotating shifts, and the uncertainty of regular hours and pay?

If the answer for you is yes, and you know that being a correctional officer and working in corrections is more than just a job—it's a career that helps keep communities safe—then you'll want to be sure you catch the NIC Virtual Conference session titled *Corrections Health Coaching: A Wellness Approach to Performance and Longevity* presented by Leonard Romo.

Romo is a training sergeant with the Juvenile Detention and Rehabilitation Center in Peach Springs, Arizona. His session will cover the benefits of health coaching and how it can improve staff performance, productivity, morale, and longevity in corrections.

In [an interview with the National Institute of Corrections](#), Romo previews his presentation with a discussion about how the toll of the correctional environment can affect an officer emotionally. Staff working on the frontlines often become despondent, isolating themselves from family and friends. Sometimes the pain or shame is too much for them even to talk with colleagues. So what's an officer to do? Romo will offer suggestions in his presentation.

If you know someone who could benefit from attending this virtual conference session, please forward this e-mail and encourage them to register for **Leading with Innovation, NIC's 2016 Virtual Conference** at <http://www.nicic.gov/go/VC2016>.

What's in it for me?

So, whether you join the virtual conference on November 9th as an individual or as part of a larger group from your organization/agency, you will each receive the same valuable experience from online learning as you would have if you each had attended a training program in person. You can also receive training credit if you attend the entire conference! It's the epitome of doing more—and training more—with less. Can't attend that day? Register anyway! All sessions will be recorded and available for later viewing.

The conference opens at 9:00am ET on November 9 and runs until 5:00pm ET. Please adjust your time zone location accordingly so you can participate live!

The NIC Virtual Conference has no registration fee, and there is no cost to attend. To reserve your seat, review the conference schedule and information on sessions and presenters, please visit us at <http://www.nicic.gov/go/VC2016>.

We look forward to your participation!