



Leadership Starts Inside

All too often, leaders are so engrained in service to others that they forget about themselves. Prioritizing mental health and well-being is essential for effective leadership and sustained service. Join us for an enlightening *virtual* workshop focused on the critical importance of self-care for leaders, and those working in high-stress environments. This one-hour workshop will explore strategies to manage stress and prevent burnout. Emphasis is placed on the importance of peer support and creating a culture of mutual care, ensuring the entire team can maintain peak performance during crises.



Attendance is free and open to all active South Carolina fire, police, EMS, and dispatch personnel.

Through a partnership with the All Hazards Incident Management Teams Association, a special invitation is extended to all Incident Management Team members nationwide.

Registration Information

Date: Tuesday, Dec. 17, 2024

Time: 2-3 p.m. EST

Virtual Event: Attendees will receive an access link via email prior to the event.

Registration Fee: Free

Registration Link: 8655-25-w01 <https://fire.llr.sc.gov/Portal/Registration/registration.aspx?crsidnt=82529>

Registration Deadline: Tuesday, Dec. 3, 2024

Note: When completing your registration, you will be prompted to enter your Fire Department name. Click to search, and select the appropriate agency. If your agency is not listed, contact amy.williamson@llr.sc.gov.

About the Presenter



Brian Anderson is the father of two beautiful girls and lives in Southern California. He is the Superintendent of the Bear Divide Hotshots and has been in the wildland fire service for 27 years. Anderson has a Bachelor of Arts in Psychology, with plans to obtain his Master's degree in the near future.

Questions? Contact [Amy Williamson](mailto:amy.williamson@llr.sc.gov)

statefire.llr.sc.gov