



SPEAKERS BUREAU



Presentation Information

Presentation Category	Officer Fitness, Safety & Wellness
Presentation Title	Surviving and Thriving in a Public Safety Career
Presentation Length	90 minutes
Presentation Objective	By hearing my personal story, and the subsequent journey I took towards improving my health, attendees will take away practical strategies to improve their own health and wellness, manage chronic stress, and hopefully find ways to thrive in this very challenging career. They will receive a Self-Care and Wellness Toolkit they can use to implement the strategies from the workshop.
Presentation Description	<p>This course is designed specifically for public safety leaders, with the purpose of helping them to survive and thrive in their careers and beyond. This is accomplished through the sharing of Retired Chief Celano's story and the subsequent development of the "Foundation of Wellness". Small incremental changes in how we address our self-care and wellness can have a significantly positive impact down the line.</p> <p>Participants will explore their own personal and professional stressors and learn about the stress response, the difference between acute and chronic stress, and how to properly manage it. They will also discuss various time management and self-management strategies to free them up for a more focused effort on improving health and wellness.</p>
Speaker Name & Session	Charles Celano, NA Session 258
Speaker Phone Number	(714) 497-3025
Speaker Email	charles@chiefleadership.com

Speaker's Biography

Retired Chief Charles F Celano Jr is a 27-year veteran of the Tustin Police Department. He worked his way up through the ranks to the position of Chief of Police. Over the course of his career, Chief Celano worked a variety of assignments including Patrol Officer, Field Training Officer, Street Narcotics/Vice Detective, Regional Taskforce Detective, Gang Unit Sergeant, Patrol Area Commander and the Captain in charge of each of the two Bureaus.

Chief Celano possesses a Bachelor of Science Degree in Occupational Studies from California State University, Long Beach and a Master of Arts in Business Management from the University of Redlands. He is also a graduate of the FBI National Academy, Class #258.

Chief Celano started Chief Leadership in late 2018, after leaving his law enforcement career. Since that time, he has coached several leaders from public safety organizations, private companies, as well as non-profits. He is also a regular keynote speaker on the topic of "Surviving and Thriving in a Law Enforcement Career".

In his spare time, Chief Celano enjoys spending time with his wife, Heidi and their five children and two grandchildren. He is also an avid cyclist and triathlete.