

# TRAINING COURSES

www.spectrumtrainingsolutionsllc.com

# 2026



## NEW THIS YEAR

ASD Across Genders: Considerations for High-Risk Encounters - 2 hours (Q75G)

Lights, Sirens, & Lawn Chairs: Embracing the Slow Lane - 8 hours (Q62Y)

Supporting Mental Health Through Connection, Communication, and Crisis Response - 2 hours

The New Kids Are Here: How to Lead Gen Z Without Becoming a Meme - 2 hours (Q62X)

The Real Cost of Getting Out: Planning for Retirement While You're Still in the Game - 4 hours



Sergeant  
Lansing Police  
Department

*"Dr. Z's courses encouraged me to focus back on why I wanted to become a police officer in the first place."*

*"The info is all very important; however, the instructor is what made these courses worth every minute. She's very engaging, personable, and relatable. A natural instructor."*



Captain  
Dearborn Heights  
Fire Department

## BEST SELLERS

Calm the Chaos: Interpersonal Communication for First Responders - 2 hours (Q61I)

Identifying Mental Health Struggles and Practical Self-Care for First Responders - 2 hours (Q62I)

Maximizing Interactions with the Special Needs Community - 4 hours (Q61X)

## ALSO OFFERED

Cultural Competence: Enhancing Community Trust and Engagement - 2 hours

Implicit Bias and its Impact on First Responders - 2 hours (Q62J)

Dr. Stephanie  
Zoltowski-Siardia  
Founder & Training  
Consultant



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Connect on  
LinkedIn

## HIGHLIGHTED CLIENTS



U.S. Customs and  
Border Protection



INSTRUCTOR-COORDINATORS

HENRY  
FORD  
HEALTH

E  
EASTERN  
MICHIGAN UNIVERSITY



Schoolcraft  
College

MICHIGAN STATE  
UNIVERSITY

