



TIPS FOR LEADERS TO COMBAT QUIET QUITTING

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Quiet Quitting is a silent crisis within the law enforcement community where law enforcement officers disengage from their duties mentally and emotionally. Below are some quick tips for leaders to help combat this phenomena of quiet quitting and help officers embrace their role within society.

- 1 Open Lines of Communication.** Create an environment where officers feel comfortable discussing their concerns, ideas, and frustrations. Encourage feedback and provide avenues for it.
- 2 Reinforce Purpose.** Remind officers of the noble mission they have to protect and serve. Showcase success stories of community engagement and emphasize the positive impact they can make.
- 3 Provide Mental Health Support.** Prioritize mental health resources and support for officers. Offer counseling, stress management programs, and peer support networks to help them cope with the demands of the job.
- 4 Return to Being a Cheerleader for the Profession.** Show and highlight the many good things they do and great aspects of being a cop in the difference they make. Help them become enthusiastic about their profession again and want to recruit others to it.
- 5 Training and Development.** Invest in ongoing training and professional development opportunities. Empower officers with new skills and knowledge to excel in their roles. There is no substitute for personal growth.
- 6 Community Engagement.** Encourage officers to build strong relationships within their communities. Engage in community policing initiatives to bridge the gap between law enforcement and the public.
- 7 Recognition and Appreciation.** Acknowledge and celebrate officer achievements and contributions. Regularly express gratitude for their dedication to duty. Someone who feels appreciated will always exceed expectations.
- 8 Provide Direction.** As the chief executive of a department or shift commander, your people want direction from you - so give it! It connects them to their purpose and the department's mission and above all, it shows that you care.