

# Looking after your health and wellbeing

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CPD in focus: How everyone across policing can support each other through continuing professional development

News 2 mins read

Policing is an extremely challenging working environment, where officers and staff are often exposed to trauma and distressing events and situations. The service has a responsibility to look after the health and wellbeing of the workforce who work tirelessly to keep their communities safe.

Wellbeing is everyone's responsibility, from national and force leaders to supervisors and colleagues, everyone has a role to play in supporting the health and wellbeing of those working in policing.

**Continuing professional development (CPD)** offers everyone an opportunity to support and promote their own personal wellbeing.

**Oscar Kilo**, the home of the police wellbeing service, provides a range of materials to help everyone better understand how to promote wellbeing in policing. The College works with the National Police Chiefs' Council and others to promote and support everyone in policing to better understand the importance of supporting the wellbeing of the workforce and provide a range of tools to achieve that.

Leaders have an important role in supporting and managing the wellbeing of their teams, there is a range of learning and resources that support managers at all levels to recognise the nature and causes of traumatic stress, while also providing support for managing their own personal wellbeing.

Building personal resilience techniques is supported by Oscar Kilo and the work of the College in developing and promoting learning that supports individual wellbeing.

## Related resources

- **[Find out more about CPD in focus 2020](#)**

- [CPD in focus: Diversity and inclusion](#)
- [Login and hear our CPD talk about managing wellbeing on Knowledge Hub](#)
- [Login and hear our CPD talk about individual resilience on Knowledge Hub](#)
- [Oscar Kilo's courses, training and workshops on individual resilience](#)

## Tags

Wellbeing CPD Leadership development