

CPD events – foundation, first-line and mid-level leaders

CPD events for police officers and staff working at leadership foundation level and above.

First published 3 June 2025

Leadership events for police officers and staff working at or towards leadership stages one to three of the [leadership standards](#):

- stage one – leadership foundations
- stage two – first-line leaders
- stage three – mid-level leaders

Leadership events

These are virtual events held on Microsoft Teams. All events will be recorded and available on the [leadership learning platform](#) (you will need to sign in).

Wednesday 2 July, 11am to 12pm

Using neuro-linguistic programming to manage stress

A focused session on using neuro-linguistic programming (NLP) techniques to handle stress during promotion processes and beyond.

This session will cover:

- how we absorb information and how our unconscious mind processes it to shape our decisions, behaviours, and emotional responses
- how these unconscious patterns can contribute to stress in high-pressure situations
- NLP techniques that help manage stress and boost performance

Led by Detective Superintendent Steve Ashdown, Force Authorising Officer, Bedfordshire Police.

[Book a place](#)

Neurodiversity events

Join our neurodiversity webinar series this June with Devon and Cornwall Police. These sessions will provide valuable insights into neurodivergence and how to support colleagues in the workplace.

These are virtual events held on Microsoft Teams. All events will be recorded and available on the [leadership learning platform](#) (you will need to sign in).

Wednesday 25 June 2025, 2pm to 3:30pm

Keep calm, it's only Tourette's

An insightful session on Tourette Syndrome (TS), its challenges, and strategies for effective support.

This session will cover:

- the history and modern understanding of TS
- lived experiences - the daily challenges and triumphs
- positive and negative police interactions with TS
- low arousal models for effective support
- practical strategies for managing dysregulation and distress

Led by Malachi Tasker-Ralph and Marie Hutchinson-Ralph.

[Book a place](#)

Tags

Leadership development