

Working with Spirit Teleconference



What's Your Story?

Spirituality & Policing... + YOUR Stories

With special guest...

Ginger Charles, Ph.D, Police Sergeant (Ret.),
27 year police veteran and
Founder/CEO, Institute for Spirituality & Policing

**If these kinds of experiences happen in front-line police work,
aren't they happening everywhere?**

Ginger's story: *When confronting 8 people in a deadly-force encounter, I had the experience of a higher power and connection, a one-ness with those labeled as "suspects," which provided an opportunity to choose the most powerful and peaceful solution for us all. It was a sense of collective resonance with the "criminals" - where labels disappeared and learning was experienced. It lasted only about three minutes... but was one of the most powerful moments of my life.*

Stories in policing are raw, crude, and real – and provide pronounced examples for all of us. Law enforcement officers are given the heavy responsibility to PROTECT and SERVE. Yet as human beings, things can go wrong, sometimes with tragic consequences. So the importance of being able to connect with others, and draw on a deeper wisdom or "higher power," are all the more valuable.

Dr. Charles' mission is to improve policing, deter (and go to the roots of) the self-destructive behaviors that result in crime & violence, and encourage the human connection between police and community which inspired her to join up in the first place. It's also her belief that when the police community can 'heal itself,' it can become a powerful resource to help heal the community it serves.

On this teleconference, we also want to hear YOUR stories:

- What have you experienced (in any kind of work) that inspired or changed you?
- Has a consciousness/spiritual experience shaped how you work or what you've accomplished?
- How have you put your insights, wisdom or guidance into action?
- What have you learned that you'd like to share?
- What questions or challenges are you having that you'd like to talk about with others?
- What can we learn from each other's stories & experiences with "spirit at work"?

I think our abilities to "tell our stories" is EXTREMELY valuable to each of us. It provides a living example that they are interesting, allow self reflection, and are a chance for each of us to tell our story.- Ginger Charles

Date: **Tues. Sept 24th - 8:00 – 9:15 pm** (Eastern time)
(9:00 pm Atlantic, 7:00 Central, 6:00 Mountain, 5:00 pm Pacific)
(also available internationally)

Cost: **By donation** ([click here to Donate and Connect](#))

About Ginger Charles:

Ret'd Sergeant Ginger Charles, Ph.D. started her law enforcement career in 1986. During her career, she was assigned to various positions within the patrol division at two different agencies in Colorado. Her last assignment was in the Criminal Investigations Bureau at the Arvada Police Department, Arvada, CO, where she supervised detectives assigned to Crimes against Persons and Children. She describes her 27 years in policing as "living in the petri dish," because of the raw, day-to-day life she witnessed/experienced.

Early in her police career, Ginger realized that there was an accumulation of stress and disease resulting in increased morbidity and mortality rates for police officers. Therefore in 1994, she completed a Master's degree in Psychology, focusing on stress-related disorders within the police community. In 2005, she completed her Doctorate in Health Psychology, from Saybrook Graduate School, again focusing on health risk factors for police. However, this time her research explored "How Spirituality is Incorporated in Police Work." This exploratory study was the first of its kind, involving in-depth interviews with several police officers across the United States. The results of the study indicated the importance of being spiritually grounded as well as the need for further research within this community.

Dr. Charles taught as adjunct faculty for Regis University (Denver, Colorado) from 2007-2009, teaching graduate and undergraduate courses in psychology and criminal justice. And in 2013, she retired from the police force to launch the Institute for Spirituality & Policing – to provide research, education and consulting in this field, with the ultimate goal of building resilience and reducing stress & disease experienced by police officers and their communities. Ginger has also just co-written & edited a book called *Leadership Resilience: Lessons for Leaders from the Policing Frontline*, based on the personal experiences of police officers in the U.S. and England, and published by Gower Publishing. (More information at www.policeresilience.com and www.gowerpublishing.com/isbn/9781409440680, and at www.spiritualityandpolicing.com)

For more information: call 416-233-8665

Centre for Spirituality at Work

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