

**Instructor Bio:** Dr. Stephanie Zoltowski-Siordia is a law enforcement trainer, consulting psychologist, and founder of Spectrum Training Solutions. A prior military police officer, she provides training nationwide on communication, mental health, and neurodiversity within first responder settings. With her Doctorate of Psychology degree and 20+ years of experience, she specializes in practical, real-world training that empowers professionals to build resilience, improve communication, and maximize success under pressure. Since 2020, she has trained 4,000 personnel in-person and expanded her clientele to law enforcement, fire/EMS, college campuses, and hospitals.

