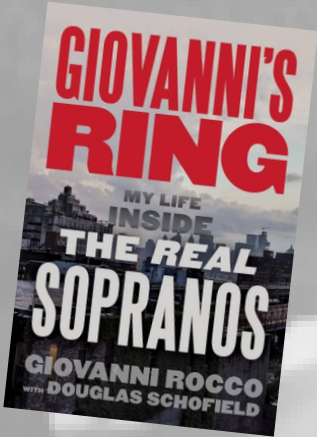


I.D.E.A. Annual Training Conference (February 17 - 19, 2027)

Keynote Speaker, Wednesday, February 17, 2027

Giovanni Rocco



A retired FBI covert operative with more than 30 years of experience across local, state, and federal law enforcement. During his distinguished career, he infiltrated some of the world’s most dangerous criminal organizations, including the Italian American Mafia and the crime family that inspired The Sopranos—a mission chronicled in his critically acclaimed book, *Giovanni’s Ring: My Life Inside The Real Sopranos*.

This presentation aims to empower attendees with the knowledge and tools to manage their mental and behavioral health effectively, recognize stressors and their impacts, and support their peers in achieving overall well-being and success in both their professional and personal lives by “Investing In Yourself.” Giovanni brings real-world insight to topics such as situational awareness, communication, de-escalation, leadership, and decision-making under stress. Through powerful storytelling and hard-earned wisdom, Giovanni Rocco inspires audiences to build resilience, protect what matters most, and rise stronger—no matter the odds.

Surviving the Job and The American Mafia:

Identifying and Mitigating Stress and Trauma

A comprehensive understanding of mental health stressors, associated negative health outcomes, and mitigating coping strategies related to their duties, as well as proactive factors to achieve professional and personal growth Extensive Training and Focus: Constant exposure to danger, violence, and high-stress situations often leads to anxiety, depression, and PTSD, while the emotional burden of witnessing suffering and maintaining secrecy can create isolation and emotional detachment. Personal relationships may suffer due to the demands and secrecy of the job, and the long-term blurring of personal identity with professional roles can cause confusion and identity crises. Additionally, chronic stress can contribute to serious physical health problems, and overall professional burnout can result in exhaustion and diminished performance. This cumulative effect necessitates significant support and intervention to manage effectively. Having received extensive and intense training focused on human behavior, communication skills, and through his participation as a member of the elite FBI National Covert Operations Unit, Giovanni’s survival depended on his ability to access the resiliency skills and focused thinking he now brings to his workshops, training modules, and mental and behavioral health programs.

Understanding and Identifying Workplace Stress and Trauma:

- Varying Levels of Workplace Stress: How to recognize different levels of stress in the workplace.
- Effects of Shift Work: The impact of irregular hours on mental and physical health.
- Critical Incident Stress: Understanding stress following a significant event.
- Organizational Stressors: Identifying stressors within the organization and their health outcomes.
- Mitigating Stress and Trauma: Strategies and coping mechanisms to handle stress and trauma.
- Peer Support Programs: The importance of peer support within agencies.

Situational Awareness and Threat Identification:

- Situational Awareness: Techniques for maintaining awareness of your surroundings.
- Identifying Potential Threats: How to recognize and assess potential threats in various situations.
- Controlling Emotional Intelligence: Methods to manage/control emotional responses in high-stress situations.
- Reacting to Threats: Effective strategies and techniques for responding to threats.

Occupational Exposures and Health Outcomes:

- Understanding how workplace exposure affects health.
- Recognizing barriers and stigmas associated with seeking mental/behavioral treatment and support.

Effects on Professional and Personal Relationships:

- Transference of Trauma: How trauma from work affects personal relationships.
- Managing Relationships: Strategies to maintain healthy professional and personal relationships despite job-related stress.

Substance Abuse Among Professionals:

- Understanding Substance Abuse: Recognizing signs and symptoms.
- Seeking Assistance: How to get help for substance abuse and addiction.