

ACS Mobilization and Deployment Program

November Resiliency Training



Day and Evening Classes Offered!

NOTE: All classes are open to the public. If units or FRG's would like to attend as a GROUP, please call in advance to ensure that there is adequate space. Thank you in advance for your consideration.

TUE, 1 NOV	PROBLEM SOLVING SKILLS	0900-1100 OR 1800-2000	YRR
WED, 2 NOV	GOAL SETTING	1800-2000	YRR
THU, 3 NOV	COPING STRATEGIES	0900-1100	YRR
FRI, 4 NOV	GOAL SETTING	0900-1100	YRR
MON, 7 NOV	RELAXATION AND STRESS RELIEF	0900-1100	YRR
THU, 10 NOV	CONFLICT RESOLUTION	0900-1100	YRR
THU, 10 NOV	COPING STRATEGIES IN LIFE	1800-2000	YRR
MON, 14 NOV	SETTING BOUNDARIES	0800-2000	YRR
WED, 16 NOV	CONFLICT RESOLUTION	1800-2000	YRR
THU, 17 NOV	ENERGY MANAGEMENT	0900-1000 OR 1800-1900	YRR
FRI, 18 NOV	ACTIVE CONSTRUCTIVE LISTENING	0900-1100 OR 1800-2000	YRR
MON, 21 NOV	ANGER MANAGEMENT	0900-1100 OR 1800-2000	YRR
TUE, 22 NOV	COPING WITH UNCERTAINTY	1800-2000	YRR
MON, 28 NOV	COPING WITH UNCERTAINTY	0900-1100	YRR
MON, 28 NOV	STAYING POSITIVE AND MOTIVATED	1800-2000	YRR
TUE, 29 NOV	MISSION BASED MARRIAGE	1800-2000	YRR
WED, 30 NOV	RUMOR CONTROL	1800-2000	YRR

Class Descriptions Located on Back



All classes located at the Yellow Ribbon Room. For more information call: DSN 354-6933 or CIV 09721-96-6933



TEAM SCHWEINFURT.COM
news. services. recreation.

Facebook.com/SchweinfurtArmy

Active Constructive Listening

Learn how to positively and skillfully respond to others, thereby building stronger relationships and leaving your spouse, children, friends,...feeling validated and understood.

Anger Management

This class focuses on understanding anger, what triggers anger, and how to create an anger log. Participants will learn how to defuse anger by managing stress, handling anger effectively and improving problem-solving techniques.

Conflict Resolution

Better understand the underlying issues creating conflict; types of conflict in the workplace, conflict styles, ways we respond to conflict; and develop positive communication guidelines."

Coping Strategies in Life

Life is full of surprises! Some of them are not the best of surprises. We cannot control all of the events in our life, but we can control how we deal with them. Learn effective ways to cope with life situations.

Coping with Uncertainty

It is human nature to try to control our lives and avoid stress. In this class participants will learn skills that enable them to face uncertainty with a level of peace. The stressors do not stop, but the ability to deal with the uncertainty will calm us.

Energy Management

Effectively utilizing, sustaining, and restoring energy to thrive under extreme stress.

Goal Setting

This class will provide participants will the tools and skills needed to develop a well- documented path that leads to success in life.

Mission Based Marriage

Develop a marriage mission statement that will assist in facing the challenges of military life; identify the key ingredients for a mission based marriage; how to carry out the mission; identify mission threats; understand marital armor; learn how to stay on the course.

Problem Solving Skills

We are confronted with challenges, issues and problems every day. This training will allow participants to accurately identify what causes problems and identify solution strategies by utilizing practical exercises and discussion.

Relaxation and Stress Relief

Participants will learn the "secret" to relaxation! Enjoy an opportunity to challenge yourself to being intentional about RELAXATION!

Rumor Control

Have you ever felt the effects of RUMORS and gossip? Join us as we discuss ways to: 1) build trust and confidence within your FRG, 2) create a positive environment where members gather together to share quality time and build one another up, 3) positively influence and transform your inner circle, 4) effectively handle negativity.

Setting Boundaries

Identify when your boundaries are weak; how to say "no" in appropriate ways, and discuss the benefits of setting boundaries.

Staying Positive and Motivated

Learn methods for reducing anxiety while improving performance, self esteem and communication. Effectively deal with negative or hostile reactions from others.

NOTE: All classes are open to the public. If units or FRG's would like to attend as a GROUP, please call in advance to ensure that there is adequate space. Thank you in advance for your consideration.

CIV: 09721-96-6933 or DSN: 354-6933