

Resilience Training

For Spouses, Family members & Civilian employees
~ come for one skill or the whole session ~

| DATE | SKILLS TAUGHT & TIMES |
|---|---|
| 22 March Skills 1, 2 & 3 | Resilience Overview (Hunt the Good Stuff): 1-2pm Goal Setting: 2-3pm Activating Event/Thought/Consequence: 3-4pm |
| 23 May Skills 4, 5 & 6 | Energy Management : 1-1:30pm Avoid Thinking Traps: 1:30-3pm Detect Icebergs : 3-4pm |
| 26 July Skills 7, 8, 9 & 10 | Problem Solving: 1-2:30pm Put It In Perspective: 2:30-3:30pm Mental Game & Real Time Resilience: 3:30-4pm |
| 20 September Skills 11, 12, 13 & 14 | Character Strengths: 1-2:30pm Assertive Communication: 2:30 -3:30pm Praise & Active Constructive Responding : 3:30-4pm |
| 29 & 30 November All skills | Resilience Two Day - All Skills covered 9am – 4pm (hour for lunch on own) |

All classes held in the ACS Ballroom

Please call for information/registration or register online at:

fortdrumacs.checkappointments.com

(315)772-0470/2848/0509

