



McConnell AFB Leadership Pathways Course Catalog 2015

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Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: Concepts of Leadership – Supervision

Course Description (Core): Leadership is a process by which a person influences others to accomplish an objective and directs organization in a way that makes it more cohesive and coherent. Good leaders are made not born, through continually working and studying to improve their leadership skills. In this course, individuals will learn the principle of leadership, the different types of leaders, and how to motivate employees. Leaders will learn progressive discipline, which is an essential part of leading people.

Instructor: SMSgt David Smith

Phone: 759-4676

E-mail: david.smith.108@us.af.mil

Length of Class: 2 sessions, 1 core hour each

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: The Truth About Promotion

Course Description (Core): This course focuses on effective study habits for individuals competing for enlisted promotion via the Weighted Airman Promotion System (WAPS). The key areas include time management and a focused and deliberate system for organizing information into manageable sections to enhance retention and understanding. Additionally, the course provides key information on test-taking and dealing with test anxiety. Airmen of all ranks are encouraged to attend as it can be useful for other systems (Career Development Course, civilian education, etc.).

Instructor: Chief's Group

Phone: 759-3077

Coordinator: 22 ARW/CCCE (Command Chief Exec)

E-mail: johnathan.hover@us.af.mil

Length of Class: 1 Session, 1.5 core hours

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: Mentorship 101

Course Description (Core): This course focuses on the basics of mentorship and helps both leaders and subordinates understand the expectations and dynamics of a successful mentoring relationship. Key topics such as self-development and growth for the mentor and trust and understanding for the protégée will assist participants in understanding the true value of effective mentorship.

POC: SMSgt David Smith

Phone: 759-4676

E-mail: david.smith.108@us.af.mil

Length of Class: 1 core hour

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: Customs and Courtesies

Course Description (Core): This course focuses on basic customs and courtesies and helps both leaders and subordinates understand the expectations and benefits of instilling and exhibiting customs and courtesies. Key topics such as Airmanship, professionalism, and living the Air Force Core Values will give participants a deeper understanding and appreciation of customs and courtesies.

Instructor: MSgt Ricky Longnecker

POC: First Sergeant Council

E-mail: ricky.longnecker@us.af.mil

Length of Class: 2 core hours

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: Additional Duty First Sergeant Symposium

Course Description: This course is for seasoned TSgts and MSgts who are interested in serving as additional duty First Sergeants or are considering applying for First Sergeant duty. The course focuses on a variety of First Sergeant duties and situations you may encounter while serving as additional duty First Sergeants.

Instructor: First Sergeant Council

POC: First Sergeant Council

E-mail: jeremy.knodel@us.af.mil

Length of Class: 4 days (No LP credit hours awarded)

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: Getting to know your MVP: A Lesson in Leadership and Group Dynamics

Course Description (Core): As managers and supervisors, it is imperative to understand those who work for you and with you. This course focuses on the primary differences in people through analyses and discussion of motives, values, and personalities. While the core focus is understanding these behaviors and the impact on group dynamics, it is also a lesson in leading personnel through understanding with value being placed on the differences in people. Applying these principles in a leadership setting will increase productivity and cohesion.

Phone: 759-6049

POC: MSgt James Noel

Email: james.noel.1@us.af.mil

Length of Class: 1 Session, 3 core hours

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: How to Avoid Falling for a Jerk/ette

Course Description (Elective): Now more than ever individuals are facing stressors that impact their ability to form and maintain intimate relationships. This course is based on the Relationship Attachment Model (RAM) and helps individuals learn ways of connecting with others to form healthy and nurturing attachments. The class consists of video presentations, group discussion, and participation. Everyone can benefit from taking this course whether or not they are in a relationship. Individuals who experience the course can personally recommend the class to supervised personnel, friends, or family members who express frustration in their relationships.

Phone: 759-5091

POC: Alisa A. Norlin, LSCSW

E-mail: alisa.norlin@us.af.mil

Length of Class: 3 Sessions, each 2.5 elective hours

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: Got Your Back - A Class for Singles

Course Description (Elective): Military singles are already responsible, committed citizens, but they also strive to find balance in their personal lives. By learning to replace communication danger signs with strategies for respectful talking and listening; exploring personal needs and expectations and the role that decision-making plays in realizing them; acknowledge the long-term satisfaction possible through healthy choices regarding commitment, including why fatherhood matters; and discussing forgiveness, infidelity and knowing when to end an unhealthy relationship. *Got Your Back* helps participants to set their goals and commit to what they want for themselves in life and dedicate themselves to the small decisions that help realize those goals.

Phone: 759-5091

POC: Alisa A. Norlin, LCSW

E-mail: alisa.norlin@us.af.mil

Length of Class: 3 Sessions, each 2.0 elective hours

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: Marriage L.I.N.K.S.

Course Description (Elective): The L.I.N.K.S. program will teach you how to manage your relationship using the Relationship Attachment Model (RAM). Married couples can learn to use the RAM to maintain the harmony of an ongoing relationship. Receive tools for managing crucial relationship links such as mutually knowing each other (talking & togetherness), trusting in each other (keeping positive & respectful opinions), depending on each other (mutually meeting needs) and committing to each other (cultivating deep feelings of belonging together).

Phone: 759-5091

POC: Alisa A. Norlin, LCSW

E-mail: alisa.norlin@us.af.mil

Length of Class: 5 Sessions, each 2.0 elective hours

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: Surviving Your Adolescents (ages 12–25)**

Course Description (Elective): Relationships between adolescents and adults are often difficult. Parents and other authority figures understand that the potential for damage to an adolescent's self-esteem and self-confidence is great at this developmental stage. Participants will learn how to develop a positive and healthy relationship, through honest and straightforward communication and shared interests. In this course, individuals will identify the barriers to communicating with teens and learn strategies and techniques for positive ways of dealing and handling the teen years. Whether you are a parent, a mentor, a supervisor, a friend...this class has something for everyone.

****NOTE:** This course helps individuals **who do not have teens**, consider effective ways to address the stressors that adolescents face as they adapt to the military culture.

Phone: 759-5091

POC: Alisa A. Norlin, LCSW

E-mail: alisa.norlin@us.af.mil

Length of Class: 3 Sessions, each 2.0 elective hours

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: Parenting with Love and Logic

Course Description (Elective): The parenting course [Becoming a Love and Logic Parent](#) teaches parents how to hold their kids accountable in this special way. This Love and Logic method causes the child to see their parent as the "good guy" and the child's poor decision as the "bad guy." When done on a regular basis, kids develop an internal voice that says, "I wonder how much pain I'm going to cause for myself with my next decision?" Kids who develop this internal voice become more capable of standing up to peer pressure.

What more could a parent want? Isn't that a great gift to give your child? Parent child relationships are enhanced, family life becomes less strained, and we have time to enjoy our kids instead of either feeling used by them or being transformed from parent to policeman.

Phone: 759-5091

POC: Alisa A. Norlin, LCSW

E-mail: alisa.norlin@us.af.mil

Length of Class: 4 Sessions, each 2 elective hours

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: Passport to Parenting: Lamaze/Childbirth/Breastfeeding/Newborn Care Course Description (Elective): This class is taught by a certified Lamaze instructor. Topics covered include: Lamaze techniques, pain management, labor and delivery, cesarean section, time management, breastfeeding, post-partum and newborn care.

Eight week evening class - the evening class is sixteen total class hours; two hours each Tuesday evening for eight consecutive weeks. This class is scheduled once each quarter.

NOTE: All participants must enroll through New Parent Support Program, Family Advocacy Nurse, Cindi Stueland, RN.

Phone: 759-5772

POC: Cindi Stueland, RN

E-mail: cynthia.stueland@us.af.mil

Length of Class: 16 elective hours

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: Expectant Parent Orientation

Course Description (Elective): This is a single session class that meets for 3 1/2 hours. Class provides parents with information on nutrition and exercise during pregnancy, breastfeeding, effects of pregnancy, fetal growth and development, hazards to avoid, and community resources.

NOTE: All participants must enroll through New Parent Support Program, Family Advocacy Nurse, Cindi Stueland, RN.

Phone: 759-5772

POC: Cindi Stueland, RN

E-mail: cynthia.stueland@us.af.mil

Length of Class: 3.5 elective hours

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: Anger Management

Course Description (Elective): The course addresses anger and stress management and is a great option for those who feel like stress can at times take over their life. Participants will also explore the effects of anger on individuals and the impact that uncontrolled anger has on relationships.

Individuals will leave the class with a “toolbox” of effective strategies for making changes in the way they manage angry situations. Help others identify areas that they need improvement and to identify how to deal with angry people.

Phone: 759-5091

POC: Alisa A. Norlin, LSCSW

E-mail: alisa.norlin@us.af.mil

Length of Class: 4 Sessions, each 2.0 elective hours

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: Stress Management

Course Description (Elective): Stress is an everyday fact of life and not all stress is considered destructive. How an individual responds to the stressor will determine the impact in their life. This course will identify types of stress and effects, signs and symptoms of being stressed out. The course will also identify healthy/positive coping strategies for individuals to use. This course describes ways to focus on the “management.”

Phone: 759-5091

POC: Alisa A. Norlin, LSCSW

E-mail: alisa.norlin@us.af.mil

Length of Class: 4 Sessions, each 1.0 elective hour

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: Active Parenting of Teens

Course Description (Elective): Active Parenting of Teens is a comprehensive parenting class for parenting teenagers and 'tweens. Parents will experience increased confidence and courage to meet the challenges (and savor the joys) of their children's teen years. Content areas include: teens & technology (the Internet, social networking sites, etc.); teen bullying: how to spot it, how to handle it; special stepfamily considerations; how brain development affects teen behavior and decision-making; and improved discipline & communication.

Phone: 759-5091

POC: Alisa A. Norlin, LSCSW

E-mail: alisa.norlin@us.af.mil

Length of Class: 4 Sessions, each 2.0 elective hours

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: Active Parenting of Teens: Drugs, Sexuality and Violence

Course Description (Elective): Active Parenting of Teens is a comprehensive parenting class for parenting teenagers and 'tweens. Parents will experience increased confidence and courage to meet the challenges of their children's teen years. Content areas include: reducing the risks; overview of the issues; prevention strategies with a focus on sexuality and prevention strategies with a focus on alcohol, tobacco, & other drugs.

Phone: 759-5091

POC: Alisa A. Norlin, LSCSW

E-mail: alisa.norlin@us.af.mil

Length of Class: 4 Sessions, each 1.0 elective hour

Leadership Pathways
OPR: Disease Management Course

CLASS NAME: Diabetes Education

Course Description (Elective): This class covers information about Diabetes Type 1 and Type 2, including symptoms, treatment, medications, diet, and exercise. The class is offered to those with diabetes and those that care for them. Classes are held the fourth Tuesday of every month in the Dental Conference Room from 0930 to 1200.

Phone: 759-6923

POC: 22 MDG Disease Management

E-mail: pauline.hinkle.2@us.af.mil

Length of Class: 2 elective hours

Leadership Pathways
OPR: Health Promotion

CLASS NAME: Cholesterol Education

Course Description (Elective): This 3-month program, which includes 2 sessions, is for individuals with elevated serum cholesterol (provider or self-referral). The first session meets in a class format for 2 hours to discuss the impact of nutrition and fitness on cholesterol control. The second session is a class that meets 3 months after the first class for group follow-up.

Phone: 759-5803

POC: Maribeth Havran

E-mail: maribeth.havran.1@us.af.mil

Length of Class: 2 Sessions, each 2 elective hours

Leadership Pathways
OPR: Health Promotion

CLASS NAME: Tobacco Cessation

Course Description (Elective): This program, which meets once a week for a four-week period, focuses on behavior modification, nutrition, relaxation, and exercise. The nicotine “patch” and Zyban or Chantix are available while attending these classes. Open to all eligible beneficiary military ID card holders. Call for class dates and times.

Phone: 759-2462

POC: Laura Markuly

E-mail: laura.markuly@us.af.mil

Length of Class: 1 Sessions, 2.5 elective hours

Leadership Pathways
OPR: Health Promotion

CLASS NAME: Better Body, Better Life

Course Description (Elective): The program includes development of an individualized plan to modify lifestyle, nutrition and exercise education, counseling, behavior modification, self-monitoring techniques, and weight loss maintenance. This is a 4 part series and is held on Wednesday's from 0800-1000.

POC: Maribeth Havran 759-5803

E-mail: maribeth.havran.1@us.af.mil

Length of Class: 4 Sessions, each 2 elective hours

Leadership Pathways
OPR: Chapel

CLASS NAME: Biblical Truths for Living - A Christian Study Forum

Course Description (Elective): This weekly "Lunch and Learn" event is led by a Chaplain and provides a forum designed to share Biblical instruction for living, encourage faithfulness in the Christian life and answer questions from those exploring Christianity while providing a positive and supporting fellowship community for everyone. A different topic is presented weekly on Tuesdays at 1200 at the Chapel Annex.

Lunch is provided free of charge

Phone: 759-3566

POC: Chapel

E-mail: 22ARW.Chapel@mcconnell.af.mil

Length of Class: 1 Session each week, 1 elective hour per session

Leadership Pathways
OPR: Chapel

CLASS NAME: Living a Faithful Life in an Unbelieving World

Course Description (Elective): This is a chapter by chapter study of the book of Esther and its implications for living a confident life in a potentially hostile world

Lunch is provided free of charge

Phone: 759-3562

POC: Chapel

E-mail: 22ARW.Chapel@mcconnell.af.mil

Length of Class: 12 Sessions, 1 elective hour per session

Leadership Pathways
OPR: Sexual Assault Prevention and Response Office Course

CLASS NAME: Leaders: Response to Sexual Assault in your Unit

Course Description (Elective): Leaders and Mentors discuss a sexual assault scenario involving two airmen in the same unit. The discussion takes a realistic look at the base agency responses and the impact on the airmen, members, and leaders in the unit. This scenario fosters discussion and helps you think about how you would handle a similar situation in your unit.

Phone: 759-3048

POC: Ms Lynn Turner - Sexual Assault Prevention and Response (SAPR)

Dates: Arranged by POC (call to set up)

E-mail: lynette.turner@us.af.mil

Length of Class: 1 elective hour

Leadership Pathways
OPR: Sexual Assault Prevention and Response Office (SAPR)

CLASS NAME: Tough Guise - Part One: Understanding Violent Masculinity Facilitator led, group discussion - can be arranged to bring to your Squadron or work unit: 5 to 20 participants

Course Description (Elective): This is Part One of a two-part video/training. Tough Guise is the first educational video geared toward young adults to systematically examine the relationship between images of popular culture and the social construction of masculine identities in the United States. In this wide-ranging analysis, Jackson Katz argues that the widespread violence in American society - including school shootings and bullying - needs to be understood as part of an ongoing crisis in masculinity. Tough Guise is extensively illustrated with examples from popular culture, ranging from Howard Stern to Stone Cold Steve Austin, from Good Will Hunting to Boys' N the Hood, from Garth Brooks to Hip-Hop. The class will watch Part One: Understanding Violent Masculinity. After watching the film, there will be a 45-minute discussion.

Film Outline:

- Introduction
- Hidden: A Gender
- Upping the Ante
- Backlash
- The Tough Guise

Phone: 316-759-3048

POC: Ms Lynn Turner - Sexual Assault Prevention and Response (SAPR)

Dates: Arranged by POC (call to set up)

E-mail: lynette.turner@us.af.mil

Length of Class: 1 elective hour

Leadership Pathways
OPR: Sexual Assault Prevention and Response Office (SAPR)

CLASS NAME: Tough Guise - Part Two: Violent Masculinity in Action

Course Description (Elective): This is Part Two of a two-part video/training. The central argument of Tough Guise is that violence in America is overwhelmingly a gendered phenomenon, and that any attempt to understand violence therefore requires that we understand its relationship to cultural codes and ideals of masculinity and manhood. **Facilitator led group discussion - can be arranged to bring to your Squadron or work unit: 5 to 20 participants**

Central to the video's argument are the following:

- Masculinity is made, not given – as opposed to one's biological sex.
- Media are the primary narrative and pedagogical forces of our time.
- Media images of manhood therefore play a pivotal role in making, shaping and privileging certain cultural and personal attitudes about manhood.
- A critical examination of privileged media images of manhood reveals a widespread and disturbing equation of masculinity with pathological control and violence.
- Looking critically at constructed ideals of manhood - at how, why and in whose interests they are constructed differently in different historical, social and cultural contexts - denaturalizes and diminishes the potential of these imagined ideals to shape our perceptions of ourselves, our world and each other.

This last point underscores one of the central claims of this video: that despite epidemic levels of violence in American culture, change is possible and violence can be prevented. After the watching the film, there will be a 45-minute discussion.

Film Outline:

The School Shootings
Constructing Violent Masculinity
Sexualized Violence
Invulnerability
Vulnerability
Better Man

Phone: 759-3048

POC: Ms Lynn Turner- Sexual Assault Prevention and Response (SAPR)

Dates: Arranged by POC (call to set up)

E-mail: lynette.turner@us.af.mil

Length of Class: 1 elective hour

Leadership Pathways
OPR: Sexual Assault Prevention and Response Office (SAPR)

CLASS NAME: Sexual Assault in our Society

Course Description (Elective): This discussion group is for airmen, supervisors, leadership, and parents. *I Never Thought it Was Rape* raises awareness about sexual assault and its long-term impact on both survivors and perpetrators. One survivor discusses being raped in college under the influence of a date rape drug by an acquaintance whom she trusted. Another survivor shares how she was assaulted as an emotionally vulnerable young teenager by an older teen who groomed and manipulated her. A perpetrator tells his story about taking sexual advantage of an intoxicated 12 year-old girl when he was 18, which led to ten years in prison and the legal and social stigma of "sexual offender" in his community after his release. The stories educate viewers about how sexual assault can lead to a lifetime of devastation for both the perpetrator and the victim, that non-consensual sex never equals love, and that ignorance of laws is no defense against charges of sexual assault.

Phone: 759-3048

POC: Ms Lynn Turner - Sexual Assault Prevention and Response (SAPR)

Dates: Arranged by POC (call to set up)

E-mail: lynette.turner@us.af.mil

Length of Class: 1 elective hour

Leadership Pathways
OPR: A&FRC Course

CLASS NAME: Establishing a Spending Plan

Course Description (Core): Learn the basics for establishing a spending plan and learn how to manage your money. You will discuss financial goal setting and how that can impact your future and your financial decisions.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 1.5 core hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: Dad's 101

Course Description (Elective): Hands on instruction, lecture and group discussion covering unnecessary purchases, parenting skills, lifestyle changes, and shaken baby syndrome. This course is taught at the Airman & Family Readiness Center and is limited to fathers. This program is for new and expectant fathers to learn effective methods to become a better parent.

POC: Dale Johnson 759-6020

E-mail: classroom@us.af.mil

Length of Class: 5 elective hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: Ten Steps To Federal Employment

Course Description (Elective): Ten Steps to Federal Employment is geared toward spouses and members who are separating from the military. This class provides valuable information needed when searching for a government job. Participants will learn the ten steps to navigating the federal system. Recognize their core competencies and keywords. This is a two-day class. Learn the secrets of navigating the Federal job system, how to prepare the right resume format, and targeting the correct job title and grade. Participants are encouraged to bring a Federal job vacancy announcement of their interest.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 6 elective hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: PASS – School Transitions

Course Description (Elective): Workshop for parents to learn about what it takes to make a smooth transition for students when they PCS or change schools. Know what records to keep and what your child's rights are under the Interstate Compact. Learn how to help your children prepare for college (grades 7-12). Parents enrolling their children in school for the first time are invited to attend the workshops.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 2 elective hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: Basic Investing

Course Description (Core): Learn the basic terms for investing and managing your finances. Explore the difference between wants and needs and learn the importance of financial goal setting and planning for your future.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 1.5 core hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: Your Personality and Spending

Course Description (Core): How does your personality affect the way you treat and deal with money? Using the 4 Lenses personality characteristics or traits, figure how you view, spend, and treat money.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 1.5 core hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: Heart Link

Course Description (Core): Funded by the Air Force Aid Society. Designed to strengthen military families and enhance mission readiness. Appreciating that spouses play an important role in re-enlistment decisions, therefore impacting retention. Major program goal is to help spouses, especially those with the Air Force five years or less, acclimate to the Air Force/military environment. Includes orientation activities consisting of presentations from base agencies, interactive games and exercises that should, by the end of the day, leave spouses feeling they are an important and respected part of the Air Force team. Program highlights are a visit from the Wing Commander's Spouse and Key Spouses who come and have lunch with class. Wing Commander visits and presents a coin to each spouse for completing the program.

POC: Dale Johnson 759-6020

E-mail: classroom@us.af.mil

Length of Class: 6 elective hours

**Leadership Pathways
OPR: A&FRC Course**

CLASS NAME: Credit Report Review

Course Description (Core): Discuss your credit report and how to make changes or help to raise your credit score. If possible, bring your most recent report or go to www.annualcreditreport.com and request your annual report.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 1.5 core hours

**Leadership Pathways
OPR: A&FRC Course**

CLASS NAME: Great Expectations

Course Description (Elective): Information will be presented specifically for the expectant parent. Representatives from numerous base agencies will be present to share information and resources that will be helpful to know prior to and after the newborn's arrival. In addition, free "baby bundles" will be given out.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 4.5 elective hours

**Leadership Pathways
OPR: A&FRC**

CLASS NAME: Appreciation in the Workplace

Course Description (Core): Modeled after "Five Love Languages" this course will give understanding to your work center and the dynamics that make it a success.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 3 core hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: Resume Writing

Course Description (Core): Learn what you should and should not put in a resume, how long it should be, how to market you, and what format to use.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 2 core hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: Interviewing Skills

Course Description (Elective): Learn how to prepare for an interview, what to wear, questions to ask and how to answer the questions you are ask.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 1 elective hour

Leadership Pathways
OPR: A&FRC

CLASS NAME: Small Business Workshop

Course Description (Elective): This is a 2 day workshop that shares information presented for members who plan to separate or retire and are interested in starting their own business.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 16 elective hours – 2 days

Leadership Pathways
OPR: A&FRC

CLASS NAME: Career Technical Track

Course Description (Elective): This is a two-day course hosted by the VA, provides members information on technical training schools. Call 759-6020 to RSVP. Ideally, this should be completed after attending TAP.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 16 elective hours – 2 days

Leadership Pathways
OPR: A&FRC

CLASS NAME: Thrift Savings Plan

Course Description (Elective): Get educated on the Thrift Savings Plan both traditional and Roth

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 2 elective hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: Buying a Car and Car Insurance

Course Description (Elective): Basic information on car buying and types of insurance.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 1.5 elective hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: Home Buying

Course Description (Elective): Basic information and resources on purchasing a home.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 2 elective hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: Ditching the Dorm

Course Description (Core): Provides basic information on saving and developing a spending plan to move off base. Bring LES and bills to start the plan.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 2 core hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: Transition Assistance

Course Description: Pre-registration required. Interactive seminar designed to provide Airmen with tools necessary to make the transition from military to civilian life. Participants gain useful information on veteran's benefits, create a rough draft of a civilian resume and explore job hunting strategies. Dress is Business Casual. Please bring your laptop. Spouses are highly encouraged to attend. ***No Leadership Pathways hours awarded for this class.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 5 Day Class – 8 hours per day (No LP credit hours awarded)

Leadership Pathways
OPR: A&FRC

CLASS NAME: Senior Transition Assistance

Course Description: Open to officers and E-7 and Above Pre-registration required. Interactive seminar designed to provide Airmen with tools necessary to make the transition from military to civilian life. Participants gain useful information on veteran's benefits, create a rough draft of a civilian resume and explore job hunting strategies. Dress is Business Casual. Please bring your laptop. Spouses are highly encouraged to attend. ***No Leadership Pathways hours awarded for this class.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 5 Day Class – 8 hours per day (No LP credit hours awarded)

Leadership Pathways
OPR: A&FRC

CLASS NAME: 4 Lenses

Course Description (Elective): Every person you meet or interact with is a unique individual. Each has their own preferences, expressed in different styles, mannerisms, and ways of approaching life's challenges. This training is specifically designed for that purpose. This training has strengthened marriages, opened the lines of communication between children and parents, reduced personal misunderstandings, and generally helped individuals communicate with others in a way that fosters mutual understanding and acceptance. Used properly, the principles you will discover in this workshop will empower you to improve aspects of every personal relationship in your life.

POC: A&FRC 759-6020

E-mail: classroom@us.af.mil

Length of Class: 2 hours

Leadership Pathways
OPR: A&FRC

CLASS NAME: Couples Communications

Course Description (Elective): For anyone who wants to enhance their relationship by learning to communicate with less blame and more understanding.

POC: A&FRC 759-6020

E-mail: dale.johnson.16@us.af.mil

Length of Class: 3 elective hours

Leadership Pathways
OPR: Professional Development

CLASS NAME: Managing and Engaging Millennials

Course Description (Elective): A class that helps ID the stereotypes and the misconceptions they may hold against generational groups. The characteristics, strengths and weaknesses of each group will be discussed, as will strategies which can be used to effectively engage and manage members of the millennial group.

POC: SSgt Christina Begeal 759-5927

E-mail: christina.begeal@us.af.mil

Length of Class: 2 elective hours

Leadership Pathways
OPR: Professional Development

CLASS NAME: Teach an Airman to Shop, Cook, and Eat Healthy (after moving out of the dorms)

Course Description (Elective): A class that covers nutrition, how to stretch your BAS, cooking basics, a commissary tour and gives hands on practice.

POC: SSgt Brandon Tull

E-mail: brandon.tull@us.af.mil

Length of Class: 6 elective hours

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: PREP: Couples Enrichment Workshop (8 hours)

Course Description (Elective): This interactive workshop focuses on improving and enhancing your relationship with your spouse or significant other by introducing simple, but important skills. With practice and consistency, these skills will help couples say what they need to say, get to the heart of the problem, and increase their connection with each other. The workshop consists of lecture, video, group discussion, and couple/individual participation.

Phone: 759-5091

POC: Alisa A. Norlin, LCSW

E-mail: alisa.norlin@us.af.mil

Length of Class: 8 elective hours

Leadership Pathways
OPR: Family Advocacy Course

CLASS NAME: CROSSROADS: Parenting and Divorce

Course Description (Elective): *Crossroads of Parenting and Divorce* is a five-step seminar designed to prevent divorce abuse, a specific type of emotional abuse that divorcing parents cause when they lose sight of their child's needs. This course will help parents become aware of how their actions may inadvertently harm their children, show how to establish positive post-divorce co-parenting relationships, and provide them with the skills they need to stay child-focused while minimizing poor choices amidst conflict and loss.

Phone: 759-5091

POC: Alisa A. Norlin, LCSW

E-mail: alisa.norlin@us.af.mil

Length of Class: 4 Sessions, 1.5 elective hours each session

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: Informed Decision

Course Description (Core): The Informed Decision briefing is not a recruiting briefing. It is an educational experience specifically designed to enhance one's knowledge of current Air Force benefits and other governmental opportunities that are available to you as an Active duty member. The goal for this briefing is to ensure personnel obtain the needed information in order to make the best decision for yourself and your family. All first-term Airmen and second-term Airmen 12-15 months prior to your respective DOS are required to attend unless you are pending involuntary separation. Likewise, according to AFI-36-2624 Unit commanders (including tenant commanders) are responsible to ensure active duty members attend within the desired window and (where applicable) provide spouses the opportunity to attend.

Seating: Limited to 45 seats

Phone: 759-4676

POC: SMSgt David Smith

Email: david.smith.108@us.af.mil

Length of Class: 3 core hours

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: Retraining 101

Course Description (Core): Learning the "ins and outs" of retraining can be a confusing process. This class will teach you, in less than 60 minutes, how to become the expert on the process. Remember retraining is not just for first-term Airmen (FTA)! As a supervisor it's important (and required) that you make yourself well versed in processes that can help the people you lead. Not to mention you, yourself, might consider it once you learn how!

Seating: Limited to 25 seats

Phone: 759-4676

POC: SMSgt David Smith

Email: david.smith.108@us.af.mil

Length of Class: 1 core hour

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: Importance of Feedback

Course Description (Core): We will utilize mixed media and guided discussions to discuss; how to provide great feedback, why it's important and how to be successful with the new feedback form. We will use real feedbacks and discuss success. This class will not have any PowerPoint slides. It's a discussion based class.

By signing up for this class you are making a commitment to attend all 4 classes.

Seating: Limited to 15 seats

Phone: 759-4676

POC: SMSgt David Smith

Email: david.smith.108@us.af.mil

Length of Class: 4 sessions, 1 core hour each session

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: 12 Choices... That Lead to Your Success by David Cottrell___

Course Description (Core): We will utilize mixed media and guided discussions to discuss this award-winning book. What is Success? What do we need to do to be successful? “You are free to choose, but the choices you make today will determine what you will have, be and do in the tomorrow of your life.” For some success is being in the right place at the right time, being lucky or good fortune. None of which appear to be correct. It has been my experience and the belief of author David Cotrell that “Success is ultimately realized by people who make more right choices... and recover quickly from their bad choices”.

This program, Cotrell’s book “12 Choices...” and our collective experiences will explore that a major difference in the lives of truly successful people is not what they appear to get out of life, but rather what they become and attract to themselves because of the choices they make. The *Character* choices, *Action* choices and *Investment* choices are available to all of us to make and take control of what we become in life.

By sign up for this class you are making a commitment to attend all 3 classes.

Phone: 759-4676

POC: SMSgt David Smith

Email: david.smith.108@us.af.mil

Length of Class: 3 sessions, 1 core hour each session

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: John Maxwell's "17 Essential Qualities of a Team Player"

Course Description (Core): We will utilize mixed media and guided discussions to discuss the qualities that Dr. John Maxwell teaches about teamwork. You'll learn the 17 essentials and become the person everyone wants on their team. He presents a clear analysis of the personal characteristics necessary for becoming an effective team player. Maxwell's detailed descriptions and many examples are easy to understand and applicable whether at home, on the job, extra-curricular activities, or on the ball-field. Dr. Maxwell outlines the successes of team players who have been: Intentional (making every action count toward a long-term goal), Relational (focused on others), Selfless (willing to take a subordinate role for the sake of the team), Tenacious (hardworking and optimistic in the face of setbacks). Maxwell shows how these qualities, and many others, impact the team and its success. The 17 Essential Qualities of a Team Player is not feel-good platitudes and abstract thinking, but concrete actions designed to improve the value of every team player.

Phone: 759-4676

POC: SMSgt David Smith

Email: david.smith.108@us.af.mil

Length of Class: 4 sessions, 1 core hour each session

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: John Maxwell's "21 Irrefutable Laws of Leadership"

Course Description (Core): With each law, the author describes the theory behind the law. For example, the Law of Sacrifice, the theory is that a leader must be willing to sacrifice in order to achieve. He expounds upon his point by explaining that a leader gives up rights, in exchange for responsibilities the higher the leader rises. He indicates through historical examples how a leader must sacrifice for the good of the organization. Every chapter of the book is dedicated to a law, which teaches a lesson on Leadership. Leadership can be learned, but the effort must be put forth to recognize your strengths and to work on your weaknesses. There are several self-quizzes and exercises in this book to help you achieve your potential in these 21 Laws. Maxwell writes, "To become an excellent leader, you need to work on it every day." Leaders must strive for excellence and they must strive to prepare others to take over for them when they move on. This is an excellent book on leadership.

By signing up for this class you are making a commitment to attend all 6 classes.

Seating: Limited to 15 seats

Phone: 759-4676

POC: SMSgt David Smith

Email: david.smith.108@us.af.mil

Length of Class: 6 sessions, 1 core hour each session

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: John Maxwell's "360 Degree leader"

Course Description (Core): We will utilize mixed media and guided discussions to discuss this award-winning book. Dr. John Maxwell asserts that you don't have to be the main leader to make significant impact in your organization. Good leaders are not only capable of leading their followers but are also adept at leading their superiors and their peers. Debunking myths and shedding light on the challenges, Dr. John Maxwell offers specific principles for "Leading Down", "Leading Up", and "Leading Across". By applying Dr. Maxwell's principles, you will expand your influence and ultimately be a more valuable team member.

By signing up for this class you are making a commitment to attend all 4 classes.

Limited to 15 seats

Phone: 759-4676

POC: SMSgt David Smith

Email: david.smith.108@us.af.mil

Length of Class: 4 sessions, 1 core hour each session

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: John Maxwell's "Developing the Leader Within You"

Course Description (Core): "Leadership is influence. That's it. Nothing more; nothing less". During this course we will learn; the true definition of a leader, the traits of leadership and the difference between management and leadership while using mixed-media and guided discussions.

By signing up for this class you are making a commitment to attend all 4 classes.

Seating: Limited to 15 seats

Phone: 759-4676

POC: SMSgt David Smith

Email: david.smith.108@us.af.mil

Length of Class: 4 sessions, 1 core hour each session

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: John Maxwell's "5 Levels of Leadership"

Course Description (Core): We will utilize mixed media and guided discussions to discuss this award-winning book. The five levels include: 1. Position - People follow because they have to. 2. Permission - People follow because they want to. 3. Production - People follow because of what you have done for the organization. 4. Person Development - People follow because of what you have done for them personally. 5. Pinnacle - People follow because of who you are and what you represent. Through in-depth explanations and examples, Maxwell will describe each stage and show readers how they can move to the next level to become more influential, respected, and successful leaders.

By signing up for this class you are making a commitment to attend all 5 classes.

Seating: Limited to 15 seats

Phone: 759-4676

POC: SMSgt David Smith

Email: david.smith.108@us.af.mil

Length of Class: 5 sessions, 1 core hour each session

Leadership Pathways
OPR: Leadership and Professional Development

CLASS NAME: "You stink" How to have uncomfortable conversations

Course Description (Core): The objective of this lesson is for each supervisor to learn effective negotiating skills to reduce and/or eliminate conflict within their organizational structure. WHY? Conflict is inevitable; the results can alter the status quo when the technique of effective negotiating is applied.

Seating: Limited to 15 seats

Phone: 759-4676

POC: SMSgt David Smith

Email: david.smith.108@us.af.mil

Length of Class: 1 core hour