

## Professional Development



Professional improvement made easy! Challenge yourself to be the best you can be! Select from several interactive, thought-provoking classes that will make organization, relationships, and life a breeze!

### **Not sure what you want to be when you grow up?**

Take the Strong Interest Inventory for FREE to find out what career fields would be a perfect match for your personality, values, and skills!



### A&FRC Programs

Air Force Aid Society

Air Force Spouse

AF Wounded Warrior

Career Focus

Deployment

Exceptional Family Member  
Program-Family Support  
(EFMP-FS)

Money Matters

Moving/PCSing

Self Development

Separation/Retirement

Volunteering



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# Professional Development



Airman and Family  
Readiness Center



940 Arnold Drive  
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Hours of Operations  
M, W, Th, F 0730-1630  
Tue 0730-1400

[www.litterock.af.mil](http://www.litterock.af.mil)



[www.facebook.com/  
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# Professional Development



## Working with Millennials

Having trouble getting along with an understanding the core traits of all generations represented in the workplace and developing strategies specifically focused on managing the millennials.



## Find More Opportunities on Leadership Pathways!

Click on this website to register and find tons of professional development classes offered by agencies on base!

<http://www.littlerock.af.mil/Home/Leadership-pathways>

## Classes That Work For You!



### Time Management

- Achieve your highest priorities
- Think about time in a whole new way
- Overcome procrastination
- Get more things done in less time



### Goal Setting for People Who Hate Setting Goals

- Find out how to make goals stick!
- Use the S.M.A.R.T. method to achieve your dreams!
- Avoid common pitfalls that wreak havoc on your goals.
- Find out about tools and technology to help you on your journey to success.



## Another Great Class!



### True Colors A.K.A "Why they act like that!"

- Fun, interactive class
- Learn how to understand and motivate others
- Improve relationships with coworkers, supervisor, spouse, and friends.
- Learn why that person rubs you the wrong way.