

# Team Little Rock

## Leadership Pathways Course Catalog



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**“Building Rock-Solid Lives”**

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### **1,2,3 Magic Parenting (Ages 2-12)**

**OPR: Family Advocacy, 987-7377**

**Course Description:** 1-2-3 Magic is a simple, easy to learn and effective program for parents and other caretakers dealing with young children. 1-2-3 Magic teaches strategies to:  
Control Difficult Behavior – get your kids to STOP doing what you don't want them to do  
Encourage Good Behavior – get your kids to START doing what you want them to do  
Strengthen Relationships - reinforce your bond with your child(ren)  
This is a two-session class.

### **The 5 Love Languages for Children (Wingman Days or upon request for units)**

**OPR: School Military & Family Life Counselor, 987-1941**

**Course Description:** Language barriers prevent effective communication from taking place. We are aware of this reality when faced with the challenge of speaking another spoken language other than our own. In a similar way, when we learn to speak a new love language, we can improve the relationships that matter the most to us

### **Anger & Stress Management**

**OPR: Family Advocacy, 987-7377**

**Course Description:** Anger Management uses cognitive behavioral techniques to address the anger cycle, conflict resolution, assertiveness skills, and anger-control plans. Myths about anger are explored and participants learn the A-B-C-D Model for cognitive restructuring which replaces self-statements that lead to, or escalate, anger with ideas that allow a more realistic and accurate interpretation of the event. This is a two-session class.

**POC:** 19th Medical Group/Family Advocacy Program/501-987-7377

### **Band of Brothers Leadership Seminar, Episodes 1-10**

**OPR: Installation Manpower Office, 987-3612**

**Course Description:** Guided group discussions designed to gain insight of various leadership techniques used throughout the diverse backgrounds of LRAFB members. The course is supplemented by dramatic reenactments of military leadership challenges faced in the past as demonstrated in the Band of Brothers mini-series.

### **B.E.S.T. Self**

**OPR: Health Promotions, 987-4041**

**Course Description:** This program lasts for six weeks and is a comprehensive lifestyle wellness program that focuses on four critical components of performance: sleep, activity, mindfulness and nutrition.

**Car Buying**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** Prepare Airmen and their families to purchase a car. Topics include wants vs needs, where and how to shop, used vehicle tips, dealing with salespeople, determining the invoice price, understanding depreciation, insurance, financing, and insurance.

**Continuous Process Improvement 8-Step Practical Problem Solving**

**OPR: Installation Manpower Office, 987-3612**

**Course Description:** The objective of the Practical Problem-Solving Method course is to provide total force military and civilian personnel with knowledge of the practical problem solving model. This 8-step model is being mandated throughout the Air Force as the standard methodology for addressing problems, opportunities for improvement, and addressing inspection critical findings. This course also provides the skills necessary to document the facilitation of a Continuous Process Improvement event needed in conjunction with Opusworks Green Belt academics for full certification.

**Couple's Communication - PREP (Prevention and Relationship Enhancement Program)**

**OPR: Family Advocacy, 987-7377**

**Course Description:** PREP is a research-based approach to teach couples whether dating, engaged, newlywed, or married 20 years how to communicate effectively, work as a team to solve problems, manage conflicts without damaging closeness, and preserve and enhance commitment and friendship. Many couples are as committed as ever to having a successful, happy relationship, but sometimes they find attaining that goal difficult. Often, they lack the knowledge and skills necessary to achieve the relationship they really want. PREP is for couples interested in strengthening their relationship by improving their communication and problem-solving skills. This is a three-session class.

**Dads: The Basics**

**OPR: Family Advocacy, 987-7377**

**Course Description:** Dads: The Basics helps new or expectant fathers prepare for the most important job of the lives. Taught by other dads, this class provides a safe environment for men to openly discuss their greatest fears and concerns of fatherhood. The class includes helpful lists, guides, information about pregnancy, labor and delivery, communicating with your spouse, caring for your infant, keeping your baby safe and managing family issues that result from deployments. This is an all-day class.

### **Continuous Process Improvement Facilitation**

**OPR: Installation Manpower Office, 987-3612**

**Course Description:** The purpose of the course is to provide an overview of effective facilitation. This course is open to military and civilian personnel and covers basic concepts for project management, team dynamics and the use of quality tools that will help a team have highly productive meetings. Participants will receive an understanding of needed skills and tools for coaching team members.

### **Diversity & Inclusion 101**

**OPR: Diversity & Inclusion Manager, 987-1772**

**Course Description:** Across the force, diversity of background, experience, demographics, perspectives, thought and organization are essential to our ultimate success in an increasingly competitive and dynamic global environment. This course an opportunity to have a conversation giving all members a safe space to communicate and see the value others bring to the mission, no matter their background.

### **Effective Communication**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** Learn different ways to communicate to improve the quality of personal and professional relationships.

### **Federal Resume Workshop**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** Two-hour class on preparing a Federal resume, searching for Federal jobs, and applying for Federal jobs utilizing the official DoD hiring website USAJOBS.

### **Goal Setting**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** Goal setting is one of the most important keys to success. Join this interactive session which includes discussions and activities designed to help you begin to master the goal setting process and achieve your personal goals.

**Heart Link: Military Spouse 101/**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** This class teaches spouses about the Air Force way of life. Subjects include customs and courtesies, acronyms, military time, protocol, rank, and pay statements.

### **How to Rest**

**OPR: Chapel, 987-6014**

**Course Description:** Are you tired? Worn out? Constantly stressed? Hurry is "the great disease of our modern world" but how do we fight it? Where can we go to find rest not just for our bodies, but for our souls? This class will share the physical, mental, and spiritual importance of rest, and will equip you with tools to not just survive but thrive in seasons of business through regular rest. All military, civilian employees and family members can sign up for this course.

### **Open Enrollment - HAF Resilience Training**

**OPR: Integrated Resilience Office, 987-1772**

**Course Description:** HAF Resilience Training course is an 8 hour (open to military and civilian employees) broken up into 5 segments and focuses on giving you a set of skills to build or improve your resilience. Through 8 different skills, students will gain knowledge to equip them to handle life's challenges. The course centers around the 4 domains of Comprehensive Airman Fitness which are Mental, Physical, Social and Spiritual. Subjects include gratitude, Values-based goal setting and bringing your strengths, reframe and balance your thinking, celebrate good news, mindfulness and physical resilience.

### **How to Become a Millionaire**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** This workshop covers all the important topics that determine financial success, budgeting, credit and debt, savings and investing etc.

### **Investing 101**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** Learn about the many ways to invest and grow your money

### **Key Spouse Training**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** This class provides instruction on the core components of the Key Spouse program. Learn about the roles and responsibilities of a Key Spouse; as well as the resources and skills to assist families.

### **Leading Inclusivity Virtual Experience (L.I.V.E.) Sessions**

**OPR: Diversity & Inclusion Manager, 987-1772**

**Course Description:** The L.I.V.E. Facilitated sessions uses mixed virtual reality to create an immersive learning environment where Airmen and Guardians can have real-time, authentic conversations with human-controlled avatars and other participants. When you participate in a L.I.V.E. session, you immerse yourself in a safe, but brave space to practice addressing exclusion using realistic scenarios based on Airmen and Guardian experiences.

### **Leading with Honor**

**OPR: Installation Manpower Office, 987-3612**

**Course Description:** Through Lee's difficult POW experience, 14 principles emerged that helped him and his comrades survive to return with honor. These pressure-tested principles will guide any industry, community, military, or political leader to greater success. This course is divided into 14 lessons.

### **Living on Your Own Dime**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** This workshop covers the financial changes that occur when members move from the dorms to an apartment or house. Included are the costs associated with moving in, and budgeting for new expenses.

### **Marriage Care**

**OPR: Chapel, 987-6014**

**Course Description:** MarriageCare is a marriage retreat or Seminar designed to revitalize strained military marriages and build marital resiliency. Written by Air Force Chaplains who have completed professional and continuing education at the Air Force Institute of Technology (AFIT) in marriage and family ministry, MarriageCare can benefit couples who are struggling with their marriage or just need a marriage "tune-up."

### **Master Your Move**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** Various agencies will provide information to better prepare airman and their families for PCS move..

### **Mindful Mondays at the MindGym**

**OPR: Integrated Resilience Office, 987-1772**

**Course Description:** Step into an immersive, contemplative space free of distraction to harness the power of the present moment. A member of the Integrated Resilience office will guide you through creating your account and using the equipment. Additionally, you will select a 20-minute mindful breathing session from the perform platform to get you started on the journey of learning how to regulate your sympathetic nervous system (SNS) which contributes to what is known as the "fight or flight" response."

### **Military OneSource Overview (Wingman Days or upon request for units)**

**OPR: Integrated Resilience Office, 987-1772**

**Course Overview:** Acquaints the audience with all that Military OneSource has to offer from counseling to resources that impact every area of service or family member's life. Will includes a tour of the new Military OneSource Website.

### **Parenting with Love and Logic (All Ages)**

**OPR: Family Advocacy, 987-7377**

**Course Description:** Love and Logic provides simple and practical techniques to help parents with kids of all ages raise responsible kids and have more fun in their role. Love and Logic is a philosophy of raising and teaching children which allows adults to be happier, empowered, and more skilled in the interactions with children. Love allows children to grow through their

mistakes. Logic allows children to live with the consequences of their choices. Love and Logic is a way of working with children that puts parents back in control, teaches children to be responsible, and prepares young people to live in the real world, with its many choices and consequences. This is a two-session class.

**Professional DynaMetric Programs (PDP) ProScan (upon unit request)**

**OPR: Integrated Resilience Office, 987-1772**

**Course Description:** PDP Proscan produces the Personal Dynamics Report. Your report indicates how you see yourself and provides valuable information of self-discovery and personal growth, as well as for organizational management and employee development. Working from an individual's strengths, the PDP system identifies motivators and shows how environmental factors affect stress, energy, and satisfaction levels. In the past 30 years, 96% of 5 million people attest to the accuracy of their results.

**Power Hour**

**OPR: Fitness Center, 987- 7716**

**Course Description:** Power Hour is a full body workout that focuses on weights to help build strength and power. This choreographed resistance training is put to music to provide you with an upbeat workout.

**Prayer 101**

**OPR: Chapel, 987-6014**

**Course Description:** \_What is Prayer? Why do people pray? Hear from your fellow Airmen (Muslim, Jew, Christian, Wiccan) how prayer benefits them!

**Private Sector Resume**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** Two-hour class on preparing a resume for off-base employment in the private sector. Includes the two most popular formats as well as a cover letter.

**Red Cross Reconnection Workshops for Adults and Children (Wingman Days or upon request for units)**

**OPR: Integrated Resilience Office, 987-1772**

**Course Overview:** Whether you or a family member have recently entered the military or you are a long-time veteran, navigating the many transitions connected with military and veteran



service can be hard. Reconnection Workshops aim to ease the stress that comes with these changes. These free, classes offer effective ways to work through challenges, improve wellbeing and build skills through small-group discussion and hands-on activities. Workshops help improve connections at home, at work and within communities. Open to active duty service members, members of the Reserves and National Guard, veterans and military families.

### **Spouse Employment Program**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** Provides spouses information regarding the Military Spouse Employment Partnership (MSEP) and Spouse Education and Career Opportunities (SECO).

### **Spouses Pre-Deployment Brief**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** Help spouses prepare for a deployment, discuss the four phases of deployment, and talk about emotions that occur before, during, and after a deployment.

### **Study Like a Pro**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** This session provides tips, tricks, and methods to get the most out of your study session.

### **Time Management**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** Empower yourself to achieve your highest priorities by thinking about time in a whole new way! Learn to focus your efforts based on personal goals and overcome procrastination in order to get more of the right things done in less time.

### **Transforming Team Communication**

**OPR: Integrated Resilience Office, 987-1772**

**Course Description:** Imagine if everyone on your team was truly heard, understood and valued? That's the power of 5 Voices! Transform team communication by better understanding your foundational leadership voice and the voice of others. This course is in five parts and should be taken in sequence order.

### **True Colors**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** Workshop will help participants discover individual personality styles, preferences, and motivators. The principles learned in this workshop will empower participants to better understand and work with individuals of different personality types by opening lines of communication and reducing personal misunderstandings.

### **Unconscious Bias**

**OPR: Diversity & Inclusion Manager, 987-1772**

**Course Description:** Understand Bias to Unleash Potential! This course will help you notice and adjust for bias; more fully respect, include, and value the people around you and release everyone's potential to contribute their best.

### **Vital 90**

**OPR: Fitness Center, 987- 7288**

**Course Description:** A fitness improvement class targeting aerobic, strength and flexibility training. Never get bored with the same workout, instructors constantly vary routines to challenge different systems daily.

### **Working with Different Generations**

**OPR: Military & Family Readiness Center, 987-2667**

**Course Description:** This workshop teaches one how to work with different generations when it comes to communication, dress, motivation, and leadership.

### **Wingman Intervention Training (WIT)**

**OPR: Installation Manpower Office, 987-3612**

**Course Description:** Wingman Intervention Training is a multi-segmented course that focuses what impeded individuals from intervening in situations. Through the education students will learn to about their personal barriers to intervention and learn how to quickly plan intervention strategies.