

ARMY FAMILY TEAM BUILDING

LEVEL 2 PERSONAL GROWTH/CLASS DESCRIPTIONS



G.1: Learn to Communicate (Length: 75 minutes)

The learner will employ effective skills and develop communication strategies for their personal and professional lives.

G.2: Effective Conflict Management (Length: 75 minutes)

The learner will appraise conflict and employ respectful conflict management techniques in personal and professional lives.

G.3: Problem Solving Strategies (Length: 75 minutes)

The learner will be able to evaluate problem-solving strategies and generate effective solutions in their personal and professional lives.

G.4: Exploring Personality Traits (Length: 60-75 minutes)

The learner will differentiate personality traits to discover effective ways to interact with peers, co-workers, friends and family.

G.5: Improving Personal Relationships (Length: 75 minutes)

The learner will be able to discuss how to develop and maintain healthy personal relationships and identify the benefits of being a supportive group member. The learner will also identify the impact of self-esteem on building relationships as well as the benefits of networking.

G.6: Successful Team Dynamics (Length: 60-75 minutes)

The learner will appraise relationships and interpret healthy personal and professional relationships.

G.7: Growing Through Change (Length: 60-75 minutes)

The learner will examine change and determine strategies for positively managing change in their personal and professional lives.

G.8: Resiliency During Crisis and Grief (Length: 60-75 minutes)

The learner will be able to define resiliency during crisis and grief and understand the stages of the grieving process. They will also examine and determine appropriate coping strategies as well as identify resources within their own personal, military, local, and community environments.

G.9: Overcoming Stress (Length: 75 minutes)

The learner will examine stress and employ stress reduction techniques to increase resiliency and reduce the effects of stress within their personal and professional lives.

G.10: Winning at Time Management (Length: 60 minutes)

The learner will acquire time management skills and techniques to prioritize activities in their personal and professional lives.

G.11: Time to Serve: The Volunteer Experience (Length: 60-75 minutes)

The learner will explore the importance of volunteerism within the military and civilian communities and the benefits to both the volunteer and the organizations they serve. They will also examine the documentation required to validate the volunteer service as well as the organization served.

G.12: Heading Toward Leadership (Length: 75-90 minutes)

The learner will distinguish various leadership characteristics and examine leader-follower relationships in their personal and professional groups.