

## **ARMY FAMILY TEAM BUILDING**

### **LEVEL 3 PROFESSIONAL DEVELOPMENT/CLASS DESCRIPTIONS**



#### **L.1: Leadership Through Understanding Needs (Length: 75 minutes)**

The learner will analyze the behaviors associated with Maslow's Hierarchy of Needs and identify motivational strategies to help fulfill those needs. The learner will also evaluate the importance of group needs and create a personal action plan to meet both individual and group needs.

#### **L.2: Examining your Leadership Style (Length: 120 minutes)**

The learner will identify their innate leadership approach and examine the alternative styles of others to incorporate various approaches into their personal and professional lives.

#### **L.3: Effective Communication for Leaders (Length: 90 minutes)**

The learner will construct communication strategies to successfully convey information as leaders to teams or individuals.

#### **L.4: Developing Great Meetings (Length: 90 minutes)**

The learner will select elements and techniques needed to successfully develop and conduct meetings in personal and professional venues.

#### **L.5: Establishing Team Dynamics (Length: 60 minutes)**

The learner will discuss ways leaders can build strong and cohesive teams, by capitalizing on a positive attitude, understanding their role in the stages of team development, building commitment within the team, and being aware of the characteristics of an effective team.

#### **L.6: Resolving Conflict (Length: 60 minutes)**

The learner will explore causes and benefits of conflict and will develop approaches to conflict management. Through practical exercises the learner will apply conflict management approaches.

#### **L.7: Supporting Others through Coaching and Mentoring (Length: 120 minutes)**

The learner will differentiate between the role of a coach and the role of a mentor, assess his/her strengths and challenges as a coach and as a mentor, examine behaviors of a leader as a coach and as a mentor, and identify effective feedback techniques to incorporate into his/her leadership repertoire to enhance his/her effectiveness in leadership roles.

#### **L.8: Virtual Meetings: Tips and Techniques (Length: 60 minutes)**

The learner will identify key elements to conduct a virtual meeting and devise strategies to effectively manage a virtual meeting.