Unit Spouse Trainings

Training opportunities can come to you! On site resilience initiatives are offered for unit spouses. Just contact your Community Support Coordinator at lisa.williams.22@us.af.mil to schedule.

Counting Blessings
Goal: To cultivate gratitude, build optimism & positive thinking

Accomplishing Goals
Goal: To gain a sense of purpose & feeling of control; helps to prioritize and allows us to find opportunities to live our values.

ABCs
Goal: To be aware of how your brain drives reactions to an event

Check Your Playbook
Goal: To be aware of what influences unproductive patterns or uncharacteristic consequences that interfere with your performance, goals or relations

Balance Your Thinking/Instant BYT
Goal: To help you perceive situations accurately & take action based on the evidence/To attack unbalanced thoughts quickly so you can focus on your performance in the moment

Capitalizing on Your Strengths
Goal: To identify your strengths, spot strengths in others & find opportunities to use your strengths

Mindfullness
To acknowledge & cope with negative aspects of events that you can't control & disengage from negative thoughts that interfere with performance, values or goals

Meaning Making
Goal: To help shed light on difficult situations & find ways to grow & benefit from adversity

Spiritual
Goal: To strengthen the beliefs, principles or values that sustain our sense of well-being & purpose

Physical
Goal: To understand how the link between physical & mental fitness improves performance, leadership & overall health

Interpersonal Problem-Solving
Goal: To address problems in a manner that shows respect for the relationship; lowers intensity & makes it easier to find a resolution or come to a compromise

Good Listening
Goal: To make someone feel safe in speaking to you as a confident

Active Constructive Responding
Goal:To build, strengthen, and maintain important relationships

Phone: 609-754-1579
E-mail: lisa.williams.22@us.af.mil

Sponsored by your Installation Community Support Coordinator Office

Spouse Resilience Classes

STRONG FAMILIES • STRONG FORCES

For this and more go to
www.jointbasemdl.us.af.mil
click on
"CSC Resilience"tab

Tel: 609-754-1578

Resilience

Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity

This multi-format training will provide you skills that can enhance your personal resilience

Classes are held in the IDS Center, located in the McGuire Fitness Center

To register, go to www.gomdl.com and click on the JB MDL Resilience link

JB MDL Resilience

Click here to register for classes!

Skill Based Stand Alone Option

Take classes in any order

Awareness Skills- Counting Blessings, ABCs and Check Your Playbook	28 January 2016 or 28 July 2016 1000-1130
Action Skills- Balance Your Thinking, Accomplishing Goals & Capitalizing on Strengths	25 February 2016 or 25 August 2016 1000-1130
Acceptance Skills- Mindfullness & Meaning Making	24 March 2016 or 22 September 2016 1000-1100
Spiritual Domain- Learn to strengthen beliefs, principles or values that sustain us.	28 April 2016 or 27 October 2016 1000-1100
Physical Domain- The link between physical & mental fitness	26 May 2016 or 22 November 2016 1000-1100
Social Domain- Interpersonal Problem Solving, Good Listening & Active Constructive Responding	23 June 2016 or 8 December 2016 1000-1130

Full Resilience Training Schedule

14 December Monday	0800-1400
15 & 16 February Monday & Tuesday	0900-1300
11 & 18 April Mondays	0900-1300
2,9 & 16 June Thursday evenings	1800-2030
19 September Saturday	0800-1600

Sponsored by your Installation Community Support Coordinator Office

2901 Falcon Lane
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JB MDL Resilience

Finding **Solutions** *to Life's Challenges*

Spouse Resilience Trainings
Choose the modules you'd like to learn!

Skill/Domain	Curriculum	Dates	Time
Awareness Skills	Counting Blessings, ABCs & Check Your Playbook	28 Jan 2016 28 July 2016	1000-1130 1000-1130
Action Skills	Balance Your Thinking, Accomplishing Goals & Capitalizing on your Strengths	25 Feb 2016 25 Aug 2016	1000-1130 1000-1130
Acceptance Skills	Mindfulness & Meaning Making	24 Mar 2016 22 Sept 2016	1000-1100 1000-1100
Spiritual Domain	Learn to strengthen beliefs, principles or values that sustain us	28 Apr 2016 27 Oct 2016	1000-1100 1000-1100
Physical Domain	The link between physical and mental fitness	2 Dec 2015 26 May 2016 22 Nov 2016	1000-1100 1000-1100
Social Domain	Interpersonal Problem Solving, Good Listening and Active Constructive Responding	23 June 2016 8 Dec 2016	1000-1130 1000-1130