

2025 Army Family Team Building Modules

Introduction to Military Benefits & Preparedness

January 16 , 8 a.m. – 3 p.m. | ACS, building 7, training room #111

Get ready to learn about Military benefits and entitlements, while gaining a valuable introduction to both Military and Civilian life! Join us for an engaging and informative session where you will learn about the numerous perks and privileges that come with serving in the armed forces. From healthcare coverage to educational opportunities, housing benefits to retirement plans, this course has got you covered! But it's not just about the material benefits - we'll also delve into the unique experiences and challenges of transitioning between Military and Civilian lifestyles. Get ready to be empowered with knowledge, inspired by possibilities, and equipped with tools to navigate both worlds seamlessly. This training is geared towards those new to military culture.

Effective Communication for Leaders

January 23, 9 – 11:30 a.m. | ACS, building 7, training room #111

Join us for an exciting opportunity to learn the essential skills needed to effectively communicate as leaders and facilitate great meetings. Communication is at the heart of successful leadership, and mastering this skill will empower you to inspire and motivate your team towards achieving common goals. Whether you are a seasoned professional looking to enhance your leadership abilities or a novice eager to develop fundamental communication techniques, this workshop is tailored for individuals at all levels. Don't miss out on this opportunity to elevate your communication skills and lead with impact!

Problem Solving Strategies & Exploring Personality Traits

February 6, 9 – 11:30 a.m. | ACS, building 7, training room #111

Join us for an exciting and enlightening workshop where we will delve into the world of problem-solving strategies and exploring personality traits. This event promises to be interactive, engaging, and filled with valuable insights that will benefit both your personal and professional life. Through a series of thought-provoking exercises, discussions, and real-life examples, you will learn how to approach challenges with confidence and creativity. Additionally, you will have the opportunity to uncover aspects of your own personality that may impact how you tackle problems and navigate various situations. Whether you are looking to improve your problem-solving skills or gain a deeper understanding of yourself and others, this workshop is sure to leave you feeling empowered, inspired, and ready to take on whatever comes your way. Don't miss out on this incredible opportunity to grow and develop new skills!

Establishing Team Dynamics & Resolving Conflict

March 13, 9 – 11:30 a.m. | ACS, building 7, training room #111

Are you ready to take your team to the next level? Join us for an interactive workshop where we will teach you how to establish strong team dynamics and effectively resolve conflicts. Through engaging activities and insightful discussions, you will learn valuable skills that will help your team communicate more efficiently, collaborate seamlessly, and work towards common goals with renewed enthusiasm. By the end of this workshop, you will walk away feeling empowered and equipped with practical strategies to foster a positive team environment. Don't miss out on this opportunity to transform your team dynamics and enhance productivity!

Improving Personal Relationships & Successful Team Dynamics

April 10, 9 – 11:30 a.m. | ACS, building 7, training room #111

Join us in our upcoming workshop to learn invaluable tips and strategies on how to strengthen personal relationships and create successful team dynamics. We are thrilled to offer you the opportunity to enhance your communication skills, foster trust, and build stronger connections with those around you. Whether it's improving relationships with family, friends, or coworkers, our instructors will provide you with practical tools that you can start using right away. By understanding how to navigate conflict effectively, boost morale within a team, and cultivate a positive work environment, you'll be well on your way to creating harmonious relationships both personally and professionally.

Military Life...What Does It Mean?

May 8 , 8 a.m. – 3 p.m. | ACS, building 7, training room #111

Join us and learn about the fascinating world of military life! From deciphering complex acronyms and terms to understanding the intricate chain of command, this course will provide a comprehensive look into the unique customs and traditions that make up the military. You will also gain a deep understanding about military customs, courtesies, ceremonies, and traditions that will not only expand your knowledge but also develop a profound respect for those who serve our country with honor and integrity.

Coaching & Mentoring Tips

May 15, 8 a.m. – 3 p.m. | ACS, building 7, training room #111

Join us for an incredible opportunity to learn how to support others through coaching and mentoring, as well as receive valuable virtual meeting tips. Our instructors will provide you with the tools, strategies, and insights needed to effectively guide and empower others towards their goals and aspirations. Additionally, our virtual meeting tips will help you navigate the digital landscape with ease and confidence, ensuring that your online interactions are engaging, productive, and impactful. Don't miss out on this chance to enhance your skills, build meaningful connections, and make a positive difference in the lives of those around you.

Growing Through Change & Resiliency During Crisis & Grief

June 12, 9 – 11:30 a.m. | ACS, building 7, training room #111

Join us for an incredible opportunity to learn how to not only weather the storm of change, crisis, and grief but to actually thrive and grow stronger through these challenges! Our workshop is designed to equip you with the tools and techniques needed to navigate difficult times with grace, resilience, and strength. You'll discover strategies for managing stress, coping with adversity, and finding moments of joy even in the midst of chaos. Led by experienced facilitators who have faced their own share of trials and tribulations, this session promises insightful guidance and practical tips for building inner resilience and bouncing back from setbacks. Don't miss out on this chance to transform your mindset and emerge from adversity as a more powerful and empowered individual. Join us on this transformative journey towards growth and prosperity!

Volunteer Experience & Heading Towards Leadership

July 10, 9 – 11:30 a.m. | ACS, building 7, training room #111

Are you ready to make a difference in your community and take on a leadership role? Join us for an informative session where we will delve into the importance of volunteering and how it can propel you towards becoming an impactful leader. Together, we will explore the endless benefits of giving back to others while honing your own skills and abilities. By volunteering, you not only contribute to positive change but also gain valuable experiences that will further develop your leadership potential. Don't miss out on this opportunity to learn, grow, and lead with passion and purpose. Join us now and watch as you transform into a confident, capable leader who makes a lasting impact on the world around you.

Time to Serve: The Volunteer Experience

August 7, 9 – 11:30 a.m. | ACS, building 7, training room #111

Excited to enhance your personal relationships, communication, and stress management skills? Dive into the world of team dynamics, problem-solving, and conflict resolution! These modules are designed to equip you with the essential skills needed for personal growth. Let's embark on this journey together and unlock your full potential!

Introduction to Military Benefits & Preparedness

September 11, 9 – 11:30 a.m. | ACS, building 7, training room #111

Get ready to learn about Military benefits and entitlements, while gaining a valuable introduction to both Military and Civilian life! Join us for an engaging and informative session where you will learn about the numerous perks and privileges that come with serving in the armed forces. From healthcare coverage to educational opportunities, housing benefits to retirement plans, this course has got you covered! But it's not just about the material benefits - we'll also delve into the unique experiences and challenges of transitioning between Military and Civilian lifestyles. Get ready to be empowered with knowledge, inspired by possibilities, and equipped with tools to navigate both worlds seamlessly.