

MCFTB Life Skills Course List

Please note: all courses have the capacity to be taught virtually. Class durations may vary with virtual trainings and special circumstances.

Four Lenses:

Duration: 1-4 hours

The Four Lenses is a personality assessment that helps individuals gain an understanding of their own, and another's unique strengths, motivations and temperaments. This level of understanding aides in communicating effectively with others who's perceptions differs from your own to decrease friction, and create a more harmonious relationship/working environment.

Also available: Four Lenses-Leadership Engagement Edition

7 Habits for Highly Effective People: (Leadership series class)

Duration: (2) 8 hour sessions

*Learning to create a balanced program for self-renewal in the four areas of your life: **physical, social/emotional, mental, and spiritual**. As you renew yourself in each of the four areas, you create growth and change in your life to allow for a harmonious work/life balance, and healthier relationships with your loved ones.*

5 Choices to Extraordinary Productivity: (Leadership series class)

Duration: (2) 8 hour sessions

This class should be taken after completing the 7 Habits class. Participants will learn a process which will dramatically increase their ability to achieve life's most important outcomes. This course will make you more productive and give you an inner sense of fulfillment and accomplishment through learning how using MS Outlook technology can help you get more organized and efficient.

Real Relationships:

Duration: 1-2 hours.

Resilient, healthy relationships are built on interpersonal skills of communication, conflict resolution, and setting boundaries. Participants will learn to identify the hallmarks of meaningful relationships and how to build skills to make them stronger.

Say What

Duration: 1 hour

This workshop is designed to explore varying means, concepts, and styles of communication. This class will educate Service Members and their family, on how to effectively communicate in their personal and professional lives. It addresses the power and benefits of listening, active listening techniques, how to have more effective conversations, etiquette for communicating via email and telephone, and communicating across generations.

Leading Through Positive Change:

Duration: 1-2 hours.

Learn how to shift your brain into a positive mindset to improve productivity, your level of intelligence and your ability to interact with others. Discover what happiness is and what it means to you to permanently raise your happiness baseline and capitalize on positive outcomes.

Interpersonal Communication:

Duration: 1-2 hours.

Learn how to communicate your self-esteem and your esteem for others with effective communication skills to promote healthy relationships. Learn the 4 communication styles and how they affect interaction.

5 Love Languages:

Duration: 1-2 hours.

(For couples and singles) Discover how you receive love and how your partner needs to receive love. Make a memorable connection with your partner through deep understanding and connection by learning different ways to show love and appreciation.

5 Languages of Workplace Appreciation:

Duration: 1-2 hours.

Learn the importance of recognition and appreciation as well as the different ways to appreciate your co-workers through their preferred style. Discover ways to improve your attitude towards your job and those around you to be more satisfied and content.

Love Thinks- How To Avoid Falling for a Jerk/Jerkette Workshop:

Pending Availability

Duration: (2) 8 Hour Sessions

This workshop will teach you the basics of figuring your partner out early on in the relationship by investigating their history, their family dynamics, and their triggers/red flags so you can build a

healthy relationship using your heart and your mind in collaboration to help you find the best partner for YOU.

Attitudes and Actions

Duration: 1 hour

This training will focus on maintaining a positive focus and engagement at home, work, and within one's own community. The class will stress self advocacy, power of choice, resiliency, and encourage participants to think differently about the impact they have on any situation.

Emergency Preparedness

Duration: 1 hour

Preparation for emergencies, to increase a personal sense of security and peace of mind. Workshop contains information regarding action that Marines and families should take to be informed and prepared in the event of natural and man-made hazards.

Bridging the Generation Gap

Duration: 1 hour

This class will foster an understanding of generational characteristics for anyone looking for an effective way to communicate across generations. Develop skills to identify each generation and knowledge of the unique characteristics to reach a common goal. Improve relationships on a professional and persona level by showing why generations, may respond to each other in different ways.

RDST-READINESS AND DEPLOYMNET SUPPORT TRAININGS:

Duration: 1 hour

Family Care Plan Training- This class provides information on the basic information to include in the family care plan, and how to complete a family care plan in the MOL.

Pre-Deployment Brief- Information required to be prepare you and your family for any issues that may arise before, during, and upon return from deployment. Learn about opportunities and resources to help you and your family successfully survive deployment to include planning and expectations, resources for children, financial support and career opportunities for the spouse.
