



JBLM DHR | Armed Forces Team Building

CONCEPT BLOCK TRAININGS

Take your skills to the next level

All classes conducted at the
Family Resource Center
9:00 am - 12:00 pm

Learn to thrive in military and civilian life by building upon your leadership skills and exploring effective communication techniques. You'll learn about:

- Different Leadership Styles,
- Managing group conflict
- Coaching & mentoring
- Improving communication
- How teams form and grow,
- Problem Solving
- Resolving personal conflict.

Training content is ideal for Readiness Day / Wingman Day events, SFRGs and Key Spouses, & DoD Civilians. For group registrations, contact 253-967-2324.



FAMILY RESOURCE CENTER
4274 Idaho Ave.. (Lewis-Main)



**JAN
04**

WHO ARE YOU TALKING TO?

Learn to Communicate / Explore Personality Traits.



**FEB
01**

WHEN THE GOING GETS TOUGH...

Effective Conflict Management & Problem Solving Strategies.



**MAR
01**

BOUNCE BACK, DON'T CRACK

Growing Through Change / Overcoming Stress



**APR
05**

BE PART OF THE TEAM

Successful Team Dynamics / Heading Toward Leadership



**JUN
07**

WHAT KIND OF LEADER ARE YOU (A)

Examining Your Leadership Style



**AUG
02**

WHAT KIND OF LEADER ARE YOU (B)

Supporting Others Through Coaching and Mentoring



**SEP
06**

KNOW YOUR TEAM

Lead Through Understanding Needs / Establishing Team Dynamics



**OCT
04**

COMMUNICATING THROUGH CONFLICT

Effective Communication for Leaders / Resolving Conflict

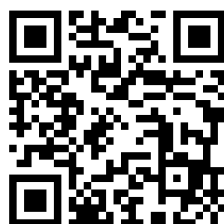


**NOV
01**

WHO ARE YOU TALKING TO?

Learn to Communicate / Explore Personality Traits.

SCAN ME



Registration required.
To sign up for any session
listed above, visit:

jblmaftb.timetap.com

