

Training in Turbulent Times

It's no secret that many families today are in trouble. Being a member of an Air Force family poses a unique set of challenges. Among the normal problems faced by families, Air Force families must also deal with the added stress of relocation and deployment.

The two-day workshop *The 7 Habits of Highly Effective Air Force Families* provides a much-needed framework for applying universal, self-evident principles that enable family members to better communicate their problems and resolve them successfully.

Participants will learn how to:

- Deal with relocation or Permanent Change of Station (PCS).
- Anticipate all phases of deployment.
- Apply an "Inside-Out Approach" to problem solving and goal creation.
- Resolve differences in marriage and family relationships by creatively cooperating together.
- Leverage family services available on and off the base.
- Build and rebuild relationships of trust and love at home and with extended family.
- Abandon unhealthy behaviors.
- Build family traditions, unity, and a "nurturing family culture."
- Learn speaker-listener techniques.
- Individually commit to becoming a nurturing "transition person" at home and with extended family.
- Strengthen companionship.
- Learn practical skills for dealing with financial issues.

Delivering on the Promise

The 7 Habits of Highly Effective Air Force Families workshop series consists of 12–14 hours of curriculum that can be taught in a two-day, facilitator-led workshop or in two-hour modules over a one- to two-month period. Certification is available for clients wanting to facilitate this program in their military communities. *The 7 Habits of Highly Effective Air Force Families* workshop series follows a reinforced learning process that includes the following:

- An optional pre-, post-, and 90-day online assessment available via e-mail for all participants
- A comprehensive and easy-to-read guidebook
- Award-winning videos
- An interactive, idea-filled family planning calendar
- Thought-provoking experiential activities
- A healthy balance of values, principles (character), and skills

The Proof Is in the Process

The 7 Habits of Highly Effective Air Force Families workshop series is based on Stephen R. Covey's No. 1 best-sellers *The 7 Habits of Highly Effective People* and *The 7 Habits of Highly Effective Families*. This engaging family-strengthening program has been proven successful with hundreds of families because it employs a self-discovery, principle-centered approach empowering Air Force families.

When implementing a community initiative, passion and the right curriculum are essential. These two components alone, however, will not guarantee success. Successful, sustainable initiatives also include clear implementation plans and measurable outcomes. Allow us to partner with you in each of these components toward the creation of a world-class initiative.

Strong Families Require Work and Sacrifice

Dr. Stephen R. Covey has noted that strong families don't just happen; they require the combined energy, talent, desire, vision, and dedication of all their members. Through the processes, tools, and skills outlined in *The 7 Habits of Highly Effective Air Force Families* workshop series, family members will be able to gain confidence in their knowledge and ability to strengthen their own families.

Program Outline	Core Competencies— Participants will be able to:
<p style="text-align: center;">Habit 1 Be Proactive®</p>	<ul style="list-style-type: none"> • Take initiative. • React less, take responsibility for their actions, and make better choices based on their values. • Choose to stay within their Circle of Influence.
<p style="text-align: center;">Habit 2 Begin With the End in Mind®</p>	<ul style="list-style-type: none"> • Set family standards together. • Create a family motto that gives the family direction. • Establish a family mission statement.
<p style="text-align: center;">Habit 3 Put First Things First®</p>	<ul style="list-style-type: none"> • Identify their family priorities. • Honor the commitments they have made to their family member. • Use an idea-filled “family calendar” to plan and schedule fun family-engaging activities.
<p style="text-align: center;">Habit 4 Think Win-Win®</p>	<ul style="list-style-type: none"> • Think in terms of mutual benefit. • Think interdependently—“we,” not “me”—and develop Win-Win Agreements.
<p style="text-align: center;">Habit 5 Listen First, Talk Second®</p>	<ul style="list-style-type: none"> • Seek first to listen with the intent to understand the thoughts and feelings of others. • Then seek to effectively communicate their thoughts and feelings.
<p style="text-align: center;">Habit 6 Synergize®</p>	<ul style="list-style-type: none"> • Appreciate and celebrate the differences in the family. • Creatively cooperate with each other.
<p style="text-align: center;">Habit 7 Sharpen the Saw®</p>	<ul style="list-style-type: none"> • Build traditions that nurture the family physically, socially/emotionally, mentally, and spiritually.

For more information, visit: www.franklincoveysouthasia.com
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