

Leadership Pathways Catalog of Courses

OPR: Sexual Assault Prevention and Response

CLASS NAME: Understanding Trauma

Length of Course: 2 hours

Course Description: Many individuals experience some kind of trauma throughout their life. They may remember it clearly or it's still a foggy haze. Despite the common occurrence of experiential trauma, perfectly normal reactions to abnormal circumstances are often misunderstood. Participants will discuss how trauma affects the brain at the basic levels and how this can impact memory and actions. After the class, the attendees should be able to make better sense of actions or behaviors of either themselves or someone else who experienced trauma. Post-Traumatic Stress Disorder will be briefly touched, but not in depth. Contact mental health for more information on PTSD.

- Offered Jan/Mar/May/Jul/Sept/Nov by the SAPR office *Minimum of 10 required to hold the class/Max of 20 per session

POC: SARC Office

Phone: 232-9480

Sign up on Leadership Pathways Central Registration website:

CLASS NAME: Sexual Assault Reporting & Barriers

Length of Course: 1 hour

Course Description: Even though restricted and unrestricted reporting options are covered at every SAPR presentation, there is still often confusion to the differences. Participants will explore the differences and similarities between the options in depth. Independent reports will be covered and how that may or may not affect restricted reporting. Confidentiality will be discussed as well as the basics of the investigative process.

- Offered Jan/Mar/May/Jul/Sept/Nov by the SAPR office *Minimum of 10 required to hold the class/Max of 20 per session

POC: SARC Office

Phone: 232-9480

Sign up on Leadership Pathways Central Registration website:

CLASS NAME: Understanding Rape Culture
Length of Course: 1.5 hours

Course Description: There are many factors that influence how someone views victims and offenders. Sometimes we make excuses for the offender, while finding a way to put blame on the victim. Participants will compare/contrast the American culture against other parts of the world. Attendees will brainstorm how to positively affect a culture shift in America and more specifically in the military. Individuals will be provided with a region/country to briefly research before coming to the class for a more dynamic discussion.

- Offered Feb/Apr/Jun/Aug/Oct/Dec by the SAPR office *Minimum of 10 required to hold the class/Max of 20 per session

POC: SARC Office
Phone: 232-9480

Sign up on Leadership Pathways Central Registration website:

CLASS NAME: Influence and Consent
Length of Course: 1 hour

Course Description: There are many factors that remove an individual's ability to consent to a sex act. Participant will explore how alcohol and other drugs can influence both the victim and offender's behavior. Other influential factors that will be covered include abuse of authority, fear and coercion. A video will be shown to demonstrate how alcohol affects people differently.

- Offered Feb/Apr/Jun/Aug/Oct/Dec by the SAPR office *Minimum of 10 required to hold the class/Max of 20 per session

POC: SARC Office
Phone: 232-9480

Sign up on Leadership Pathways Central Registration website:

CLASS NAME: Sexual Assault; Naming the Unnamed Conspirator
Length of Course: 2 hours

Course Description: Watch video presented by Anne Munch, long-time advocate and prosecutor of sexual assault and domestic violence cases. Identify what can influence a sexual assault case more than evidence.

- Offered Feb/Apr/Jun/Aug/Oct/Dec by the SAPR office *Minimum of 10 required to hold the class/Max of 20 per session

POC: SARC Office
Phone: 232-9480

Sign up on Leadership Pathways Central Registration website:

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**CLASS NAME:** Sexual Assault Convictions and Acquittals  
**Length of Course:** 1.5 hours

**Course Description:** Perhaps the number one question the SAPR office gets are about the sexual assault conviction rates. Our answer is typically....It's complicated. The Judge Advocate General's Corps website now lists the previous month's Court-Martial results. Participants will discuss the wide variety of penalties imposed on active duty members found guilty of sexual assault. The maximum penalties will be discussed along with some barriers for the jury to find a defendant guilty. Different forms of punishment will be identified, which can make it more difficult to identify actual conviction rates.

- Offered Jan/Mar/May/Jul/Sept/Nov by the SAPR office \*Minimum of 10 required to hold the class/Max of 20 per session

**POC:** SARC Office  
**Phone:** 232-9480

**Sign up on Leadership Pathways Central Registration website:**

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CLASS NAME: DADs 101
Length of Course: 2 hours per week (2 week course)

Course Description: Expectant fathers learn information on the physical and emotional aspects of pregnancy and their new role as a dad from experienced fathers. Attendance recommended during third trimester.

Offered: Bi-monthly, in the Mental Health Classroom. Must register.

POC: Call Family Advocacy, 294-7886
Call for more info, or sign up on Leadership Pathways Central Registration website:

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**CLASS NAME:** Bundles for Babies  
**Length of Course:** 2 hours

**Course Description:** Expectant parents learn information on budgeting, breast feeding, basic childcare, selecting quality childcare and safety.

**Offered:** Bi-monthly, in the Airman & Family Readiness Center classroom. Must register.

**POC:** Call Airman & Family Readiness. 294-4329

Call for more info, or sign up on Leadership Pathways Central Registration website:

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CLASS NAME: Relationship Enhancement Program for Couples

Length of Course: Two options **5 week series 2hr each session or 1 full day session**

Course Description: PREP is typically a five week relationship skills training class for couples. Couples will learn skills to improve communication, enhance intimacy, and learn to work as a team, and to increase happiness and decrease stress. Also available one day, 8 hour Class

Offered: 2 Program Options, 5 week course twice a year and 1 day course three times a year, held in the Airman & Family Readiness Center classroom. Must register.

POC: Call Family Advocacy, 294-7886

Call for more info, or sign up on Leadership Pathways Central Registration website:

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**CLASS NAME: Anger Management**

**Length of Course: 2 hours per week for 4 weeks**

**Course Description:** This is a four session class designed to help individuals recognize anger signals, identify obstacles to managing anger, explore the impact of anger on the body, and develop strategies for minimizing the negative impact of anger.

**Offered:** Bi-monthly, held in Mental Health Classroom.

**POC:** Call Family Advocacy, 294-7886

Call for more info, or sign up on Leadership Pathways Central Registration website:

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CLASS NAME: 1-2-3 Magic

Length of Course: 3 hours

Course Description: A parenting program designed to provide effective discipline for children 2-12. Offers easy-to-follow steps for disciplining children without yelling, arguing or spanking.

- STOP obnoxious behavior
- Deal with the SIX kinds of Testing and Manipulation
- Handle misbehavior in public

Who can attend? *Parents, Grandparents, Day care providers (military beneficiaries, DoD and contract employees)*

Offered: Three times a year, held at Airmen & Family Readiness

POC: Call Airman & Family Readiness. 294-4329

Call for more info, or sign up on Leadership Pathways Central Registration website:

CLASS NAME: Parenting with Love and Logic

Length of Course: 3 hours

Course Description: A parenting program designed to provide the love and logic formula to raising responsible kids.

- **Identify** the four steps to responsibility
- **Recognize** who has the control
- **Offer** appropriate choices in order to share the control
- **Identify** if the problem belongs to the child or parent
- **Set** limits
- **Use** empathetic responses
- **Design** consequences and strategy for resolving a problem situation or behavior

Offered: Three times a year, held Airmen & Family Readiness Center

POC: Call Airman & Family Readiness. 294-4329

Call for more info, or sign up on Leadership Pathways Central Registration website:

CLASS NAME: Parenting with Love and Logic

Length of Course: 3 hours

Course Description: A parenting program designed to provide the love and logic formula to raising responsible kids.

Offered: Three times a year, held in Marriage and Family Ministry Center

POC: Call Airman & Family Readiness. 294-4329

Call for more info, or sign up on Leadership Pathways Central Registration website:

CLASS NAME: 1-2-3 MAGIC PARENTING CLASS (effective discipline for children 2-12)

Length of Course:

Course Description: Offers easy-to-follow steps for disciplining children without yelling, arguing, or spanking.

Phone: 294-4329

Call the A&FRC to signup

CLASS NAME: BUNDLES FOR BABIES

Length of Course: 2.5 Hours

Course Description: Cosponsored with Family Advocacy for expectant parents in the second or third trimester. Covers health & financial issues associated with childbirth Participants receive free baby items after class.

Phone: 294-4329

Call the A&FRC to signup

CLASS NAME: CAR BUYING STRATEGIES

Length of Course: 3 Hours

Course Description: Are you planning to buy a car soon? What can you afford? What style car is best for you? Do you know the “tricks of the trade?” For answers to these questions, and more information, contact A&FRC.

Phone: 294-4329

Call the A&FRC to signup

CLASS NAME: FEDERAL JOB SEARCH

Length of Course: 3 Hours

Course Description: Learn techniques for searching federal jobs and writing your federal resume for self-nomination.

Phone: 294-4329

Call the A&FRC to signup

CLASS NAME: GROWING YOUR MONEY

Length of Course: 6 Hours (3 hours per session)

Course Description: The workshop is designed to help people realize their dreams by learning the financial skills necessary to maintain a spending plan, use checking and savings accounts, and build or repair credit. This class runs two-consecutive Tuesdays.

Phone: 294-4329

Call the A&FRC to signup

CLASS NAME: HEART LINK

Length of Course: 6 Hours

Course Description: This exciting program increases spouse awareness of the installation mission, customs, traditions, protocol, support resources, and available services. It is offered on quarterly, 0830-1430, and includes free lunch and childcare. Seats are limited.

Phone: 294-4329

Call the A&FRC to signup

CLASS NAME: HOME BUYING WORKSHOP

Length of Course: 3 Hours

Course Description: Are you considering buying a home? Do you know the advantages/disadvantages of homeownership? Can you afford a home? Where do you start with credit and financing? How will my credit scores affect my ability to get a loan? How do I choose a realtor? Getting a home inspection. Covering closing cost. For answers, attend the workshop.

Phone: 294-4329

Call the A&FRC to signup

CLASS NAME: MONEY TALK FOR TEENS

Length of Course: 2 Hours

Course Description: This basic financial education course is designed for teens and college students (ages 16-19). The course covers financial principles, including budgeting and spending plans, savings and checking accounts, and the wise use of credit. Parents are welcome to attend with their teen. This is a two-part class.

Phone: 294-4329

Call the A&FRC to signup

CLASS NAME: PARENTING WITH LOVE AND LOGIC

Length of Course:

Course Description: This program provides simple and easy-to-use techniques to help parents have more fun and less stress while raising responsible kids of all ages.

Phone: 294-4329

Call the A&FRC to signup

CLASS NAME: PREVENTION AND RELATIONSHIP ENHANCEMENT PROGRAM (PREP)

Length of Course: 8 Hours

Course Description: Wanting more from your marriage or relationship? Attend this one-day program to learn relationship skills to improve communication, enhance intimacy, work as a team, increase happiness, and decrease stress. Cosponsored with Family Advocacy and held at the Airman & Family Readiness Center

Phone: 294-4329

Call the A&FRC to signup

CLASS NAME: RESUME WORKSHOP

Length of Course: 3 Hours

Course Description: This workshop introduces the basics of resume writing by evaluating several resume writing styles. The workshop provides instructions to assist in creating a resume and provides information and techniques on current resume trends. Individuals learn to present their knowledge/ experience to an employer with one purpose in mind an invitation to the interview.

Phone: 294-4329

Call the A&FRC to signup

CLASS NAME: A SALUTE TO SMART INVESTING

Length of Course: 3 Hours

Course Description: This course explains the keys to financial success that are useful to beginner or veteran investors. This program provides an overview of savings, using credit wisely, basic investing strategies, types of fraud, and danger signs that all investors should be aware of.

Phone: 294-4329

Call the A&FRC to signup

CLASS NAME: SMOOTH MOVE PROGRAM

Length of Course: 3.5 Hours

Course Description: Assists families to plan for their upcoming PCS move. Information on major considerations that you and your family should discuss prior to your move to address possible loss of income, transferring banks, turning off utilities, moving out of housing to filing a claim and your military pay while in PCS status.

Phone: 294-4329

Call the A&FRC to signup

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**CLASS NAME: INTRO TO MARKETING YOURSELF THROUGH SOCIAL MEDIA**

**Length of Course: 2 Hours**

**Course Description:** Learn what social media is, different the types of social media, and in-depth walk through of establishing an LinkedIn profile. Primary focus will be building and utilizing LinkedIn to further your career opportunities, build a network, and understand how to market yourself through social media.

**Phone:** 294-4329

**Call the A&FRC to signup**

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CLASS NAME: ADVANCE MARKETING YOURSELF THROUGH SOCIAL MEDIA

Length of Course: 2 Hours

Course Description: Advance course expands on LinkedIn focusing on helping individuals build their network, prepare for career fairs, connect with recruiters, search for jobs, research companies, join groups, participate in discussions, utilize google alerts, understand social media best practices as well as more insight in using and connecting other social media sites like Facebook/Twitter and YouTube.

Phone; 294-4329

Call the A&FRC to signup

CLASS NAME: SPOUSE-LOGY**Length of Course: 2 Hours**

Course Description: A Couple's game to learn more about our partner and to compete against others. Males and Females will be asked a series of questions to anticipate their spouse's response to several questions. Get it right or there is a penalty! There will be so much fun you'll not want to miss this. DO YOU HAVE THE COURAGE" ?". There will be Prizes awarded.

Phone: 294-4329**Call the A&FRC to signup**

CLASS NAME: Respect in the Workplace**Length of Course: 1 Hour**

Course Description: Many employees experience conflict at some point within their workplace. They may not be able to completely articulate it but they feel the conflict is due to an overall "lack of respect" from their coworkers. Despite this common occurrence, conflict is normal; disrespect is not. This training defines what a professional workplace should look like when referencing Equal Opportunity and Treatment. The course discusses how each person has a right to come to work without feeling as if they have to endure unprofessional behavior in their workplace because "that's how it's always been." After the class, attendees should be able to determine what is "acceptable and unacceptable" behavior in the workplace. Attendees will know appropriate avenues to address issues involving "disrespect" at any level of an organization. Role-playing and interactive discussions help facilitate the importance of creating a professional workplace. Great for refresher or annual training. Contact the Equal Opportunity Office for more information on this class.

Offered Jan/Mar/May/Jul/Sept/Nov by the EO office *Minimum of 10 required to hold the class/Max of 25 per session

POC: EO Office**Phone: (402) 294-3709****Sign up on Leadership Pathways Central Registration website:**

CLASS NAME: Developing the Frontline Supervisor
Length of Course: 2 Hours

Course Description: With the demographic culture changing so quickly, many employees, military and civilian, are uncertain of how to address issues when they arise in the workplace. This course will assist rising leaders at all levels, in understanding the role diversity and inclusion plays in leading today's Airmen. The course will arm the leaders of tomorrow with the tools they need to handle personality conflicts, false perceptions, and leadership challenges in today's evolving Air Force. This course uses interactive discussions, role-playing and slides to help facilitate training. Contact the Equal Opportunity Office for more information on this class

-Offered Feb/Apr/Jun/Aug/Oct/Dec by the EO office *Minimum of 10 required to hold the class/Max of 25 per session

POC: EO Office

Phone: (402) 294-3709

Sign up on Leadership Pathways Central Registration website:

CLASS NAME: Sometimes You Win Sometimes You Lose
Length of Course: 3 Hours

Course Description: John Maxwell believes that the greatest lessons we learn in life are from our losses. Everyone experiences loss, but not everyone learns from it. In Sometimes You Win-Sometimes You Learn, Dr. Maxwell explores the most common lessons we learn when we experience loss. He then explains how to turn a set-back into a step forward by examining the elements that make up the DNA of Those Who Learn.

- Offered Feb/May/Aug/Nov/by the Top 3 Professional Development Committee

- Each quarter will cover different elements of learning broken down into four sessions:

- **Feb (Session 1):** Humility – The Spirit of Learning
Reality – The Foundation of Learning
Responsibility – The First Step of Learning
- **May (Session 2):** Improvement – The Focus of Learning
Hope – The Motivation of Learning
Teachability – The Pathway of Learning
- **Aug (Session 3):** Adversity – The Catalyst of Learning
Problems – The Opportunities of Learning
Bad Experiences – The First Step of Learning

- **Nov (Session 4):** Change – The Price of Learning
Maturity – The Value of Learning

*Minimum of 15 required to hold the class/Max of 25 per session

POC: Offutt Top 3

email: 55FSS.Offutt.PDC@us.af.mil

Sign up on Leadership Pathways Central Registration website:

CLASS NAME: Leadership and Supervisory Training

Length of Course: 2 consecutive days

Course Description: The course is designed to educate junior company grade officers, junior non-commissioned officers and junior grade civilians on a wide variety of topics that they may face as newly appointed leaders/supervisors/sections chiefs.

- Offered Jan/Mar/May/Jul/Sep/Nov

*Minimum of 10 required to hold the class

POC: Career Assistance Advisor

Phone: 232-3778

Register via PDC SharePoint link: <https://cs3.eis.af.mil/sites/OO-DP-AC-11/default.aspx>

CLASS NAME: Developing the Leader Within You

Length of Course: 3 Hours

Course Description: John Maxwell discusses the basic principles of being a leader, the all-important Five Levels of Leadership, and provides practices and principles that you can apply instantly to improve your leadership skills. You will learn how to: build trust through personal integrity, prioritize, create positive change and understand the process involved, how to develop people, crucial problem solving techniques, articulate visions and goals for your organization, become character-driven vs. being emotion-driven, and much, much more.

- Offered Mar/Jun/Sep/Dec/by the Top 3 Professional Development Committee

- Each quarter will cover a different element of leadership broken down into four sessions:

- **Mar** – What is a Leader?
- **Jun** – Leadership is Influence

- **Sep** – How to Grow as a Leader
- **Dec** – Reflections of a Leader

*Minimum of 15 required to hold the class/Max of 25 per session

POC: Offutt Top 3

email: 55FSS.Offutt.PDC@us.af.mil

Sign up on Leadership Pathways Central Registration website:

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**CLASS NAME:** Energy Balance

**Length of Course:** 2 Hours

**Course Description:** Do you want to lose weight? This is a 2 hour course divided between nutrition, fitness and behavior change strategies for weight loss.

- Offered every second Thursday of each month from 1300-1500

**POC:** Health Promotions Flight

**Phone:** 294-5977

**Register by calling POC number above:**

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CLASS NAME: Tobacco Cessation

Length of Course: 1 Hour

Course Description: Be a quitter! Are you ready to stop using tobacco products?

- Offered every Thursday at 0800, except for the third Thursday which is at 1500

POC: Health Promotions Flight

Phone: 294-5977

No registration requirements needed; class is facilitated as a walk-in:

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**CLASS NAME:** Better Bodies. Better Life.

**Length of Course:** 2 Hours

**Course Description:** This class is designed to help individuals seeking to lose and maintain their weight and enjoy an overall healthy lifestyle. The interactive program includes five two-

hour modules focusing on nutrition, physical activity and behavioral issues. Begin your journey toward a better body and a better life.

- Offered every Wednesday from 1430-1630

**POC:** Health Promotions Flight

**Phone:** 294-5977

**Register by calling POC number above:**

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**CLASS NAME:** Nutrition Consults

**Length of Course:** 1 Hour

**Course Description:** The Registered Dietitian will work with your nutrition needs and develop a plan for you. This is conducted as a one-on-one counseling session.

**POC:** Health Promotions Flight

**Phone:** 294-5977

**Active Duty members register by calling POC number above; dependents register via your PCM:**

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**CLASS NAME:** Sports Nutrition and Operational Supplement Safety Class

**Length of Course:** 45 minutes

**Course Description:** Are you seeking information on performance enhancing foods or dietary supplements? Do you want to learn how to choose a safe dietary supplement? This class provides resources to help consumers within the DoD community make informed decisions on dietary supplements.

- Class provided on an as requested basis

\*Minimum of 10 required to hold the class

**POC:** Health Promotions Flight

**Phone:** 294-5977

**Register by calling POC number above:**

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**CLASS NAME:** Healthy Thinking

**Length of Course:** 1 hour

**Course Description:** This course enables participants to better recognize and respond to stressors in their everyday lives and/or to develop an overall more optimistic outlook.

**Offered:** Monthly, in the FMR Classroom. Walk ins welcome

**POC:** Mental Health

**Phone:** 294-9298.

Call for more info, or sign up on Leadership Pathways Central Registration website:

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CLASS NAME: Sleep Enhancement

Length of Course: 1 hour

Course Description: This course teaches the basics of sleep hygiene and bedtime worry management for overall improved sleep.

Offered: Monthly, in the FMR Classroom. Walk ins welcome

POC: Mental Health

Phone: 294-7346

Call for more info, or sign up on Leadership Pathways Central Registration website:

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**CLASS NAME: Marriage Strengthening**

**Length of Course: 1 hour classes**

**Course Description:** Various Classes on Marriage principles and practices for having a successful and healthy marriage. Each class focuses on a different principle. Principles and practices include: meeting the needs of your spouse, understanding the way your spouse thinks and acts, showing love to your spouse in the way your spouse will understand, proper ways to apologize and forgive, thriving during pre-deployment, deployment, and post-deployment.

**Offered:** One of the classes is offered every other month, usually in the Marriage and Family Ministry Center.

**POC:** Call the chapel, 294-6244

Call for more info and when the next class is offered

**CLASS NAME: Parenting Principles**

**Length of Course: 1 hour classes**

**Course Description:** Various Classes on parenting principles and how to counsel on raising children of each age group. Each class focuses on a different principle. Principles and practices include: Understanding how your child interprets love, raising your child to obey, understanding your young teenager.

**Offered:** One of the classes is offered every other month, usually in the Marriage and Family Ministry Center.

**POC:** Call the chapel, 294-6244  
Call for more info and when the next class is offered