

CONCEPT BLOCKS

Concept blocks allow for more flexibility with the selection of training materials and time. Here are some examples of Concept Blocks utilizing materials from levels I and II:

Module 1.5—Family and Military Life Expectations with module 1.6—Impact of the Mission on Family Life

Module 1.1—Military Terms, Acronyms, Customs and Courtesies and Module 1.4 Benefits, Entitlements and Compensation

Module 2..5 Exploring Personality Traits with 2.6 Enhancing Personal Relationships

Module 2.7 Team Dynamics with 2.8 Personal Conflict Management

Module 2.2 Personal Time Management with 2.3 Stress Management.

We may also mix and match module content across levels, here are a few ideas:

Got lemons? Let's Make Lemonade!! Basic, intermediate and advanced problem solving techniques *To Be ..Or Not To Be.. A Good Leader* Introduction to Leadership, Leadership Skills and Listening Skills

Alphabet Soup and Condiments Military Terms Acronyms, Customs, Courtesies and Protocol
Change can Be Good—Time to De-stress Stress Management, Acknowledging Change, Introduction to Problem Solving and Creative problem Solving

LEVEL III: ADVANCED

- ?? Listening Skills
- ?? Building Self-Esteem
- ?? Personality Traits
- ?? Motivating Factors
- ?? Leadership Skills
- ?? Building a Cohesive Team
- ?? Leader Roles: Coaching, Mentoring and Advising
- ?? Group Conflict Management
- ?? Problem Solving Techniques for Leaders
- ?? How to Develop Presentations
- ?? How to Plan and Conduct a Workshop
- ?? Understanding the Organization of the Total Army
- ?? Political Issues and the Army
- ?? Effective Public/Media Relations
- ?? Advanced Problem Solving Techniques



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ARMY FAMILY TEAM BUILDING (AFTB)





AFTB TRAINING

Level I

1.1 Expectations and Impact of the Mission on Family Life (1 hour) Explores expectations Family members have of the Army and the impact of the Army mission on Family life. It also provides tips to assist in developing realistic expectations.

1.2 Military Acronyms and Terms (45 minutes) Introduces many of the military acronyms and terms most frequently used as well as the military phonetic alphabet and military time.

1.3 The Chain of Command (45 minutes) Explains the military chain of command through the explanation of rank, discussing the various branches of the Army, and exploring the Army's organizational structure.

1.4 Introduction to Military Customs and Courtesies (45 minutes) Review some of the customs and courtesies that are basic to the day-to-day functioning of the military and to the social aspects of the military lifestyles.

1.5 Basic Military Benefits & Entitlements (45 minutes) Introduces the basic benefits and entitlements received by military personnel, includes reading an LES.

1.6 Introduction to Military & Civilian Community Resources (1 hour) Provides an overview of the resources in both the military and civilian communities.

1.7 Introduction to Family Readiness Groups (FRGs) (45 minutes) Provides an introduction to the mission, structure and benefits of FRGs. FRGs help Family members to develop a more positive attitude toward themselves, the unit, the deployment and the Army.

1.8 Supporting your Child's Education (45 minutes) Reinforces the importance of parental involvement in a child's

education. Provides an overview of the School Liaison Officer's (SLO) role to assist Army Families in obtaining a good educational experience for their children, particularly when they are transitioning from school to school.

1.9 Introduction to Family Financial Readiness (45 minutes) Introduces basic money management and financial planning techniques. Illustrates the advantage and techniques of creating a family financial plan, how to save wisely, and information on credit. Defines savings and investment and reinforces the importance of planning for the future.

1.10 Basic Problem Solving (45 minutes) Describes and provides an opportunity to practice a six-step problem solving process to help determine solutions to various real life scenarios.

Level II

2.1 Communication (70-90 minutes) Discusses various types of communication and assesses the ability to effectively communicate with others. Explore the barriers to communication and develop strategies to improve communication skills.

2.2 Personal Time Management (1 hour) Helps students assess personal time management skills and prioritize activities using a time management tool.

2.3 Stress Management (1 hour) Defines stress and identifies symptoms and sources of stress. Through self assessment determine how to manage personal stress, and discuss stress management techniques.

2.4 Acknowledging Change (1 hour) Define change, discuss the four phases of change, and examine strategies to overcome the tendency to resist change.

2.5 Exploring Personality Traits (60-75 minutes) Allow students to identify their primary personality tendencies (traits) and to discover more effective ways to interact with others

2.6 Enhancing Personal Relationships (60-70 minutes) Discusses how to develop and maintain healthy personal relationships. Learn the importance of self-

confidence when meeting new people and the benefits of being a supportive group member.

2.7 Team Dynamics (60-70 minutes) Discusses the stages of group development and how various roles and interpersonal styles impact the success of a team.

2.8 Personal Conflict Management (1 hour) Defines conflict and conflict management and explores how individuals handle conflict differently. Determine how conflict affects relationships, both working and personal, and examine methods to productively manage conflict.

2.9 Creative Problem Solving (60-70 minutes) Explores different methods of creative problem solving. Methods will generate effective solutions to everyday problems.

2.10 Traditions, Customs, Courtesies and Protocol (70-90 minutes) Covers traditions, customs, courtesies and protocol to assist in feeling more comfortable with the social and official aspects of the military lifestyle.

2.11 Coping and Grieving (45-60 minutes) Defines crisis and discusses the grieving process. Introduces coping strategies for preparing and dealing with personal crisis and for helping other people who are experiencing crisis.

2.12 The Volunteer Experience (1 hour) Examines the importance of volunteerism within military and civilian communities as well as why people choose to volunteer. Explores the benefits of volunteering to both the volunteer and the community organizations.

2.13 FRGs and the Deployment Cycle (60-75 minutes) Describes the structure of Family Readiness Groups (FRGs) and how members may contribute to success. Examines how an FRG can assist Family members during deployment cycles.

2.14 Introduction to Leadership (60-75 minutes) Explores leadership and the difference between leader and follower. Discuss characteristics associated with effective leaders and discover important principles of leadership.