

Army Family Team Building AFTB



If you would like to have someone provide information about AFTB to your unit or FRG at an upcoming event please contact Caron Ferguson the 9th MSC AFTB Program Manager to schedule a speaker or ask for handouts. Training can be coordinated for your group upon request. Keep in mind that the classes don't have to be offered in their entirety - AFTB can be tailored to your group's needs or interests (e.g. a class for newcomers about acronyms, customs, benefits, etc. or a class about group conflict).

Already taken Levels I, II and III ? Why not volunteer to be an Instructor? Volunteers are vital to the success of the program. If you are interested in becoming an instructor, let us know and we will schedule you to attend the Instructor Training Course or Master Trainer Course. No experience is necessary!

Army Family Team Building AFTB

I am interested in information about

- AFTB Level I
- AFTB Level II
- AFTB Level III
- AFTB Online Classes
- AFTB Instructor Training Course

Name: _____

Address: _____

Unit _____

Phone: _____

Email: _____

Caron Ferguson AFTB Program Manager
(9th MSC)
caron.ferguson1@9rrc.army.mil

9th MSC Family Programs Office
1557 Pass Street (APIX-PE)
Fort Shafter Flats
Honolulu, HI 96819
Phone: (808) 438-2243 Fax: (808) 438-4170



9th MSC Family Programs Office



Army Family Team Building AFTB

Army Family Team Building

AFTB is an educational program for Army FAMILIES, SOLDIERS, DA Civilians and Retirees and others who wish to learn more about military life. It helps students gain practical life management skills and independence, increase knowledge and improve FAMILY readiness. AFTB covers a broad spectrum of topics from basic information about the Army to the development of skills for personal and professional growth.

Why should I take AFTB training?

Everyone can benefit from attending AFTB Classes. In addition to gaining life and job skills, SOLDIERS can earn promotion points, DA civilians can earn official training credit and FAMILY members can learn how to function more effectively in their community.

What level of AFTB should I attend?

Each level of AFTB is developed for a specific target audience but you may take any AFTB class at any time.

Level I is aimed towards those who are new to the Army community (less than 5 years), or those who would like a refresher course. **Level II** is for community members who have 5-10 years experience and who are interested in gaining management skills. **Level III** is for those with more than 10 years of experience and a desire to learn advanced leadership skills.

AFTB Training Classes

Level I (10 Classes)

Expectations & Impact of the Mission on Family Life
Military Acronyms & Terms
The Chain of Command
Introduction to Military Customs and Courtesies
Basic Military Benefits & Entitlements
Introduction to Military & Civilian Community Resources
Introduction to Family Readiness Groups
Supporting your Child's Education
Introduction to Family Financial Readiness
Basic Problem Solving

Level II (14 Classes)

Communication
Personal Time Management
Stress Management
Acknowledging Change
Exploring Personality Traits
Enhancing Personal Relationships
Team Dynamics
Personal Conflict Management
Creative Problem Solving
Traditions, Customs, Courtesies and Protocol
Coping and Grieving
The Volunteer Experience
Family Readiness Groups and the Deployment Cycle
Introduction to Leadership



AFTB Training Classes

Level III (15 Classes)

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

CONCEPT BLOCKS

Concept blocks target the needs of Families and Soldiers by mixing and matching Modules from across all of the Levels. You may request any class that meets the interests of your group. For example a class on Benefits and Entitlements combined with a module on Community Resources; or Stress Management and a module on Personal Time Management. Contact the AFTB Program Specialist for more ideas and to schedule a class for your FRG or Unit!

Not enough time to come to class? **ONLINE AFTB CLASSES** Levels I, II and III can be taken at your own pace around your schedule and from the comfort of your home. Go and register at **www.myarmylifetoo.org**. Be sure to indicate that your community is the 9th MSC listed under Army Reserve (USARC).