

## Level 2 – Intermediate

Level 2 is designed for individuals who have been in the military community and now want to develop leadership skills for personal development. These classes enhance skills in relationships, leadership, crisis and conflict management, communication, and group management.

### 2.1 Communication

This class discusses various types of communication and assesses the student's ability to effectively communicate with others. The students will explore barriers to communicate and develop strategies to improve their communication skills.

### 2.2 Personal Time Management

This class helps students assess personal time management skills and prioritize activities using a time management tool.

### 2.3 Stress Management

This class defines stress and identifies symptoms and sources of stress. Through self-assessment, students will determine how they manage personal stress, and discuss stress management techniques.

### 2.4 Acknowledging Change

This class will define change, discuss the four phases of change, and examine strategies to overcome the tendency to resist change.

### 2.5 Exploring Personality Traits

The class will allow the students to identify their primary personality tendencies (traits) and to discover more effective ways to interact with others.

### 2.6 Enhancing Personal Relationships

This class will discuss how to develop and maintain healthy personal relationships. The students will learn the importance of self-confidence when meeting new people and the benefits of being a supportive group member.

### 2.7 Team Dynamics

This class discusses the stages of group development and how various roles and interpersonal styles impact the success of a team.

## 2.8 Personal Conflict Management

This class defines conflict and conflict management and explores how individuals handle conflict differently. The students will determine how conflict affects relationships, both working and personal, and examine methods to productively manage conflict.

## 2.9 Creative Problem Solving

This class explores different methods of creative problem solving. These methods will enable the students to generate effective solutions to their everyday problems.

## 2.10 Traditions, Customs, Courtesies and Protocol

This class will cover traditions, customs, courtesies and protocol to assist the students in feeling more comfortable with the social and official aspects of the military lifestyle.

## 2.11 Crisis, Coping and Grieving

This class defines crisis and discusses the grieving process. Students will be introduced to coping strategies for preparing and dealing with personal crisis and for helping other people who are experiencing crisis.

## 2.12 The Volunteer Experience

This class will examine the importance of volunteerism within military and civilian communities as well as why people choose to volunteer. It also will explore the benefits of volunteering to both the volunteer and the community organizations.

## 2.13 Family Readiness Groups and the Deployment Cycle

This class describes the structure of Family Readiness Groups (FRGs) and how its members may contribute to its success. It also will examine how an FRG can assist family members during deployment cycles.

## 2.14 Introduction to Leadership

This class explores leadership and the difference between leader and follower. The students will discuss characteristics associated with effective leaders and discover important principles of leadership.