



# Spouse Resilience Academy 2013

Learn skills to overcome obstacles and how to bounce back from life's challenges

*\*all dates within each month must be completed to receive full credit*

*\*\* Priority slots are for Active Duty Spouses*

**\*What is Resilience? See description on other side.\***

## Concept Block 1

Module 1 - Feb 5

Module 2 (units 1 & 2) - Feb 12

Module 2 (units 3-5) - Feb 19

Module 2 (units 6 & 7) - Feb 26

Module 3 - April 16

Module 4 - April 23

9:00 a.m. - 12:00 p.m.

## Concept Block 2

Module 1 - Jun 4

Module 2 (units 1 & 2) - Jun 11

Module 2 (units 3-5) - Jun 18

Module 2 (units 6 & 7) - Jun 25

Module 3 - Aug 13

Module 4 - Aug 20

9:00 a.m. - 12:00 p.m.

## Concept Block 3

Module 1 - Oct 1

Module 2 (units 1 & 2) - Oct 8

Module 2 (units 3-5) - Oct 15

Module 2 (units 6 & 7) - Oct 29

Module 3 - Dec 3

Module 4 - Dec 10

9:00 a.m. - 12:00 p.m.

## Full Training

January 14, 16, 17  
9:00 a.m. - 4:00 p.m.

July 15, 17, 18  
9:00 a.m. - 4:00 p.m.

March 25, 27, 28  
9:00 a.m. - 4:00 p.m.

September 16, 18, 19  
9:00 a.m. - 4:00 p.m.

May 13, 15, 16  
9:00 a.m. - 4:00 p.m.

November 18, 20, 21  
9:00 a.m. - 4:00 p.m.

All Spouse Resilience Academy classes will be held  
in the Family Readiness Group Center.

Call (910) 396-5521 or visit [www.fortbraggmwr.com](http://www.fortbraggmwr.com)

to register. Limited FREE childcare available.

Must register 14 days prior to class.



# ***What is resilience?***

Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

It is built through a set of core competencies that enable mental toughness, optimal performance, strong leadership, and goal achievement.

*You*



*Not You*



Resilient people bounce back from life's adversities – not break!

***Identify Your Top Character Strengths***

***Master Skills to Strengthen Relationships***

***Learn Core Competencies***

**Self Awareness**

*(Identify thoughts, emotions, behaviors and patterns in thinking)*

**Self Regulation**

*(Regulate impulses, emotions and behaviors to express emotions appropriately)*

**Optimism**

*(Hunt for what's good, identify what's controllable, maintain hope and remain realistic)*

**Mental Agility**

*(Think flexibly and accurately; identify and understand problems)*

**Strengths of Character**

*(Knowledge of character strengths and how to use them)*

**Connection**

*(Strong relationships, positive and effective communication)*