

The U.S. Army War College

presents the

Military Family Program

for

Academic Year 2017



What is the Military Family Program?

The Military Family Program at the U.S. Army War College (USAWC) is a graduate level complementary program that both supports and supplements the academic curriculum and provides for the needs and interests of students, as well as their spouses and children. The MFP is committed to building a partnership with Army Families that enhances their strength and resilience.

Strong support for military families is more important than ever. During more than a decade of war and increasing global tensions our military and their families have stood firm in support of our great nation, and our nation is united in honoring the sacrifices made by all military families.

The MFP's objective is to support USAWC students and their spouses to prepare for their future roles as senior leaders responsible for developing and implementing personal, unit and community family programs around the world. To accomplish these objectives, the MFP will present a series of lectures, seminars and workshops throughout the academic year.

All of these activities are open to all resident and non-resident USAWC students and spouses. We will also stream videos of these events to support geographically separated spouses, USAWC Fellows and our Distance Education Program.

What are the MFP Activities?

Nowhere does the military mission so closely integrate a range of opportunities to enhance personal interests, professional development, fitness, resiliency, and social networking as it does here at the USAWC. We encourage you to use these offerings to build your Individual Development Plan for the year.

The vision of the Military Family Program is to provide educational opportunities and experiences to strengthen resiliency and effectiveness of senior leaders, their spouses and families.

This graduate-level program:

- Complements and enriches USAWC educational opportunities
- Prepares leaders, their spouses and families for future endeavors
- Strengthens family connections and resiliency

The activities of the Military Family Program are structured into four modules:

Family Growth and Resilience
Personal Growth and Resilience
Leadership and Readiness
Personal Financial Management

Each module offers a series of lectures and/or skill-building classes for spouses and students that are designed to better prepare them for their roles as senior leaders. Many of the workshops target personal growth and well-being and are designed to develop student and spouses now and for their future endeavors. A complete calendar of events for the year can be found on the MFP calendar.

Family Growth and Resilience

Screamfree Marriage

Hal Runkel has been captivating audiences around the world with his revolutionary relationship wisdom for almost 20 years. His engaging style and self-deprecating humor is so entertaining, audiences forget they're actually learning timeless, practical principles for life, family, work, conflict, recovery, and so much more. Hal shows couples how learning to stay calm, in the face of common marital conflicts, is the key to creating and enjoying a deep, life-long connection.

Myers-Briggs Type Indicator for Families

Gain insights concerning preferences of behavior and interaction on the job, as a parent, in relationships, and in all aspects of daily life. If you want to take the MBTI, request a copy from the MFP Office.

Caring for Aging Parents Session 1

Spring 2017

This presentation will focus on the medical and caregiver issues associated with caring for an aging parent.

Caring for the Aging Parent Session 2

Spring 2017

Estate planning and long term care strategies will also be discussed.

Raising Resilient Military Kids

Spring 2017

Receive tips and insights from a leading parent expert on ways to increase your child's resiliency.

Personal Growth and Fitness

Dress for Success

There will be two presentations defining various dress types, how to dress for body type, buying tips, quality and cost.

USAWC Spouse Resume Workshop

This workshop is designed to assist Student Spouses to navigate the federal selection and hiring process, information on veteran's preference, military spouse preference, resume, and other Federal employment applications are provided.

Spouse Transition Assistance Workshop

Provides help to Service members and spouses who are separating or retiring from the military by offering important information and assistance on how to make a successful transition into civilian life.

Spouse Resiliency Workshop

Spring 2017

This workshop involves participation and is designed to give each participant greater insight about the skills and competencies needed to be more adaptive and resilient during times of stress and crises.

Leadership and Readiness

Facilitating Leadership and Group Skills (FLAGS)

FLAGS is a series of strategic leadership spouse seminars for all aspects of life. You will engage in activities structured to increase self-awareness and improve group leadership and facilitating skills.

FLAGS Facilitator Training

FLAGS Facilitator Training is a specialized volunteer-based training. The participant will apply lessons they have learned from FLAGS training and develop new skills or enhance skills to facilitate the FLAGS training at the USAWC. A combination of classroom experience, self-assessment instruments and small group activities lead to an enhanced ability to develop skills in effective facilitating styles, group management skills, and enhanced communication skills, emphasizing growth in interpersonal skills and the understanding of small group development.

Specific requirements: Complete application and interview process to be considered for the FLAGS facilitator.

Senior Spouse Leadership Seminar

The Senior Spouse Leadership Seminar provides you, as senior spouses, an opportunity to discuss your “inherent” and “implied” roles as program advisors, mentors, and advocates. You will have an opportunity to explore and refresh skills that can help make those roles more successful regardless of your component affiliation. It is also imperative to the many Family Programs that we have your support as you serve in leadership positions in your communities. This three-day seminar will concentrate on topics such as Working with Volunteer Organizations; Coaching, Mentoring, and Advising; Taking Care of Yourself: Fostering Resiliency; and Protocol for Senior Spouses.

Ethical Issues for Leaders

An inside look into the complex challenges and decision-making associated with senior leadership and how to navigate potential ethical dilemmas.

Protocol Workshop

This series will highlight three areas: expectations while at the USAWC, international awareness, and transitioning your experience to the next level in the family's military journey.

Public Speaking Workshop

Get insights about speech planning, anxiety management, and what to say and how to say it, in order to be polished and professional.

Negotiations Workshop

This workshop is designed to improve the student's negotiation skills in the public sector environment, be it interagency, interoffice, or international. The course offers the student a strategic approach to conceptualizing and successfully effecting complex negotiations.

As part of the Executive Spouse Leadership Course requirements, the Protocol and Public Speaking Workshop will be offered twice this AY.

Personal Financial Management

Family Financial Planning Series

This is a five-part series focused on increasing your awareness of the financial advantages offered by military service.

1. The Military Financial Advantage
2. Financial Basics
3. Investments
4. Insurance
5. Estate Management and Review

Post 9/11 GI Bill

25 January 17

Explanation of the current benefits associated with the Post 9/11 GI Bill and other VA military education benefits.

MFP AY17 Calendar of Events

August

18	Dress for Success	1300-1500 1900-2100	Bliss Hall Bliss Hall
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September

7	FLAGS Interest Meeting	0945-1045	Wil Washcoe
7	Spouse Project Interest Mtg.	1100-1200	Wil Washcoe
7	Executive Spouse Leadership Development Course Pilot interest Mtg.	1230-1330	Wil Washcoe
15	Screamfree Marriage	1800-2100	LVCC
22	MBTI	1900-2100	Bliss Hall

October

5	Protocol Workshop	1000-1130	Wil Washcoe
12	Public Speaking Workshop	1000-1130	Wil Washcoe
17-21	FLAGS Facilitator Training	0900-1500	AHEC
24-25, 31	FLAGS Facilitator Team Practicum	0900-1500	AHEC
27	Negotiations Workshop	1000-1130	Wil Washcoe

November

1-4	FLAGS Facilitator Team Feedback Panel	0900-1500	AHEC
9	Ethical Issues for Leaders	1130-1300	Wil Washcoe
14-15,17-18	FLAGS Training	0900-1500	LVCC

December

7	Military Financial Advantage (#1)	1145-1300	Wil Washcoe
14	Financial Basics (#2)	1145-1300	Wil Washcoe

January

TBD	Income Tax Preparation	1145-1245	Wil Washcoe
18	Investments (#3)	1145-1300	Wil Washcoe
25	Post 9/11 GI Bill	1145-1300	Wil Washcoe
23	Insurance NTL (# 4)	1145-1300	Wil Washcoe

February

28	Raising Resilient Military Kids	1130-1245	Bliss Hall
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April

25-27 ACS Senior Spouse Leadership Seminar (SLS)

May

2 USAWC Relocation 101

Dates for the following MFP programs are TBD:
Spouse Resiliency Workshop
Caring for Aging Parents
Grief Management
College Financing

*All dates are subject to change based on the needs of the
USAWC Academic Calendar.

Please visit our website or Facebook page for updates to the
MFP calendar.

All programs presented in Bliss Hall and Wil Washcoe Auditorium
can be streamed live at:

Bliss Hall: <http://www.carlisle.army.mil/live/bliss.cfm>

Wil Washcoe: <http://www.carlisle.army.mil/live/wilwashcoe.cfm>

Leadership Opportunities

Seminar Senior Spouse Representative (SSR)

The Seminar Spouse Representative position is an integral part of the USAWC academic program. The primary responsibility of an SSR is to represent, inform and coordinate activities with the spouses of their seminar group, along with dozens of peer leaders and key personnel of the academic institution. The SSR also serves as a liaison between their seminar's families and various commands and community leaders in order to fast-track the enhancement of the student family experience. Monthly Community Leader Information Forum (CLIF) meetings are required. If you are interested in being an SSR, let your student-spouse know so that they may nominate you for this position.

Spouse Project

Student spouses from each year's class contribute to the Military Family Program through a combined class project. Previous projects include the Company Commander's Battle Book, Basics from the Barracks, "At Ease: We're All in This Together." and the AY16 spouses project created, Barrack and Beyond: the unofficial guide to Carlisle Barracks and Communities.

What will the AY17 Spouse Project look like? It's up to you! An initial interest meeting will be held Wednesday, 7 September 2016 in the Wil Washcoe Auditorium from 1100-1200.

Facilitating Leadership and Group Skills (FLAGS)

Facilitating Leadership and Group Skills is unique to the USAWC. FLAGS is a joint learning, information, knowledge and skills program designed to benefit military families. Under the FLAGS umbrella are multiple components within the MFP catalog.

A FLAGS interest and informational session will be held 7 September 2016 at Wil Washcoe Auditorium from 0945-1045.

FLAGS Facilitator Training

FLAGS Facilitator Training is a specialized volunteer-based training. The participant will apply lessons they have learned from FLAGS training and develop new skills or enhance skills to facilitate the FLAGS training at the USAWC.

A combination of classroom experience, self-assessment instruments and small group activities lead to an enhanced ability to develop skills in effective facilitating styles, group management skills, and enhanced communication skills, emphasizing growth in interpersonal skills and the understanding of small group development.

Specific requirements: Complete application and interview process to be considered for the FLAGS facilitator.

Executive Spouse Leadership Development Course

New to the Military Family Program, the Executive Spouse Leadership Development (ESLD) Course is currently in a pilot phase. The focus of the ESLD Course is to provide Student spouses graduate level training in various specialized leadership areas including: interpersonal, social and group dynamics, military protocol, ethics, finance, public speaking, resiliency, and negotiation skills. The goal is to increase the participants' understanding of these issues and enhance their effectiveness as partners with the senior officer spouse.

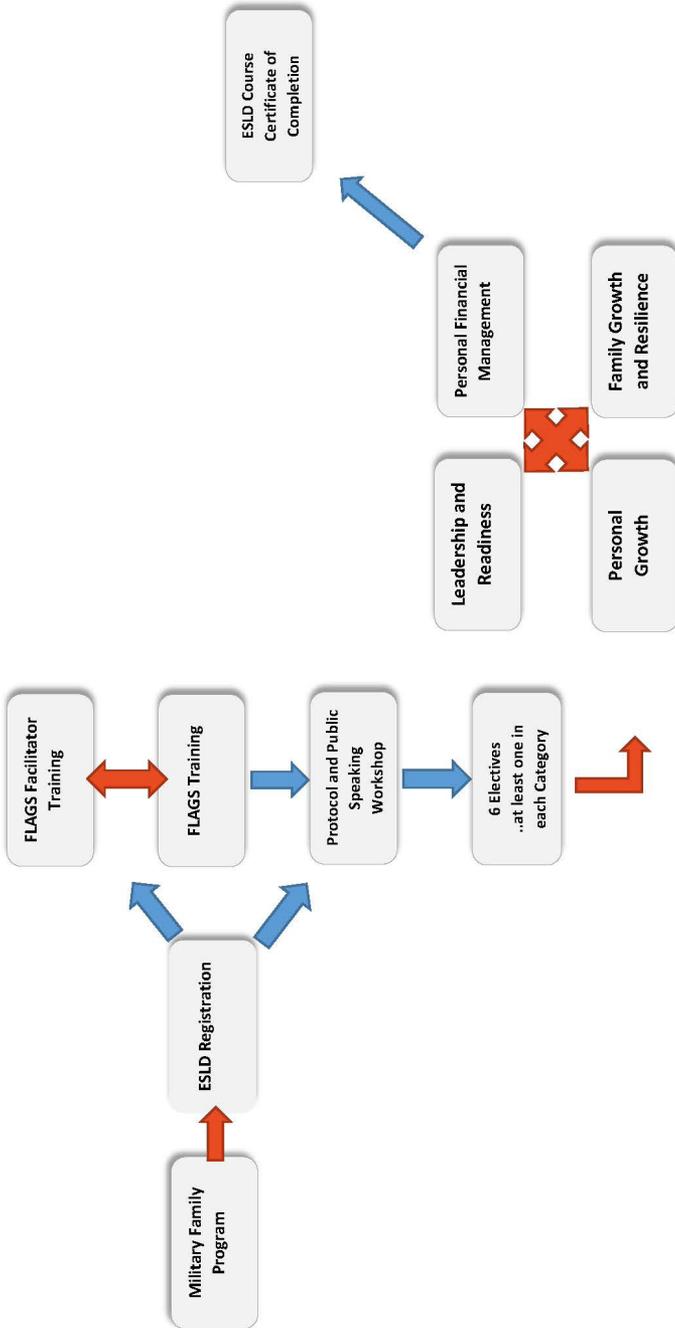
COURSE OBJECTIVES:

- a. Increase awareness and understanding of groups and group dynamics.
- b. Increase awareness and understanding of military family policy and challenges.
- c. Provide education on health and communications.
- d. Develop a network of senior officer spouses.

Requirements:

- Course registration
- Course feedback participation required
- Complete FLAGS Facilitator Training **or** FLAGS Training
- Attend Protocol and Public Speaking Workshops
- Attend any combination of 6 additional electives from the *four* MFP categories.

ESLD Course interest meeting will be held 7 SEPT at the Wil Washcoe Auditorium from 1230-1330.



Military Family Program

For additional information, help or questions,
please contact the MFP Office.

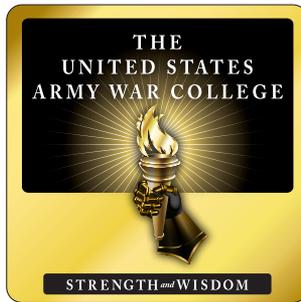
717-245-4787

Root Hall, Room B10

(in the basement between the Library and Barber Shop)

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