

## Five Dimensions of Strength:

### Physical

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.

### Emotional

Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with your choices and actions.

### Social

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.

### Spiritual

Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional, and societal sources of strength.

### Family

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.

## Six Resilience Competencies:

Self-Awareness, Self-Regulation, Optimism, Mental Agility, Strengths of Character, and Connection

**FREE class sessions  
offered every Monday  
from 9am until 11am.**

**All classes will be at the Soldier  
and Family Assistance Center  
(SFAC)**

Bldg 2433 Indiana Ave.,  
Fort Campbell, KY

**Class is limited to the first 20 people**



Increase resilience and enhance performance by developing five dimensions of strength through the use of six resilience competencies.



## Resilience Training Series

Every Monday

Class Schedule

January & February, 2012



**COMPREHENSIVE  
SOLDIER FITNESS**  
STRONG MINDS ★ STRONG BODIES

## January

9th

### **Activating Events, Thoughts and Consequences**

Identify your thoughts about an activating event and the consequences of those thoughts.

23rd

### **Avoiding Thinking Traps**

Identify and correct counterproductive patterns in thinking through the use of critical questions.

30th

### **Detecting Icebergs**

Identify deep beliefs and core values that fuel out-of-proportion emotions and evaluate the accuracy and usefulness of those beliefs.

## February

6th

### **Character Strengths\*\***

Identify strengths in yourself and in others to recognize the best of yourself and the best of others

13th

### **Strengths in Challenges\*\***

Identify strengths in yourself and others to improve teamwork and overcome challenges.

27th

### **Problem Solving**

Accurately identify what caused the problem and identify solution strategies.

**\*\*Prerequisite:** Complete VIA 24 Character Strength @

[www.authentic happiness.sas.upenn.edu](http://www.authentic happiness.sas.upenn.edu)

## Getting Started

1. Establish an AKO Account at:

[www.us.army.mil](http://www.us.army.mil)

2. Take the Global Assessment Tool (GAT) at:

[www.csf.army.mil](http://www.csf.army.mil)

3. Take the VIA Strengths Survey that measures 24 Character Strengths at:

[www.authentic happiness.sas.upenn.edu](http://www.authentic happiness.sas.upenn.edu)

4. Contact the Master Resilience Trainers to reserve your spot (270) 798-4800

## Testimonials..

*"I have used the skills learned in the Resilience Training on a daily basis. My personal favorites were "Detecting Icebergs" & "Putting it in Perspective". The information presented was on target and the trainers were awesome" ~ **Maureen, DA Civilian***

*"I came to the class because I thought it would help me deal with every day stressors in life more efficiently. I have only been to a few of the training series so far but what I have learned has helped me professionally and personally" ~ **Scott, Active Duty Military***

*"The training is informative and motivational" ~ **Teresa, Spouse***

## 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.*