

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

Getting Started

1. Establish an AKO Account at:

www.us.army.mil

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

www.csf.army.mil

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

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.