

# WHAT WE *OFFER*

## PROFESSIONAL DEVELOPMENT

Engage with our targeted programs to sharpen interpersonal abilities, professional growth, and resilience. Meet Ready Airman Training requirements within a framework designed for a robust, resilient force.

## CUSTOMIZED LEARNING EXPERIENCES

Whether it's a quick, informative presentation during a commander's call, an in depth 'lunch 'n learn' session, or dynamic team building activity, our team is equipped to deliver engaging and valuable learning experiences.


## TAILORED SOLUTIONS

Can't find exactly what you are looking for? No problem! We are more than happy to design a new course or program specifically tailored to meet the unique requirements of your unit.



# OUR *CONTACT INFO*

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 316-759-5927

 Bldg 850 Room 120

 [www.resilience.af.mil](http://www.resilience.af.mil)

# START YOUR *TRAINING TODAY*



# *UNLOCK YOUR POTENTIAL*



# *MCCONNELL AFB INTEGRATED RESILIENCE OFFICE*

# *PROFESSIONAL DEVELOPMENT OPPORTUNITIES*

# COURSE

## DESCRIPTIONS

### EMOTIONAL INTELLIGENCE

- Discover and apply evidence-based strategies that promise improvement in communication, stress management, and performance
- Learn not just the theory of EQ but the art of applying it in real-world scenarios

### PDP PRO SCAN

- Personalized Reports: Individual and team reports reflect strengths and areas for improvement
- Enhance group dynamics and build resilient, cohesive teams
- Identify and manage stressors effectively

### FOUR LENSES

- Discover the components of each individual personality type to help identify your own preferences as well understand, accept, and value those of others
- Become more effective at interacting with others and seeing their unique contributions

### UNCONSCIOUS BIAS

- Delve into the nuances of unconscious bias, uncovering how it shapes our worldview and inhibits potential
- Promotes a more inclusive and thriving organizational culture

### STRESS MANAGEMENT

- Discuss the different types of stress and understand how the unique impact on your wellbeing
- Gain practical and actionable strategies to transform the way you handle stress.

### MYERS-BRIGGS

- Unlock personality insights
- Understand how different personality types shape work styles, communication, and team dynamics

### POWER OF HABITS

- Discover the profound influence that habits have on your daily life
- Learn not only to recognize the power of your existing habits, but also techniques to effectively create new ones or alter existing patterns

### GIVING EFFECTIVE FEEDBACK

- Master the essential art of delivering feedback that fosters positive change, whether addressing challenges or acknowledging successes

### BURNOUT

- Identify and tackle work fatigue and frustration with an evidence-based approach to positively navigate the biological stress cycle

### COACHING SKILLS

- Transform your approach to leadership and communication through the art of asking powerful, thought-provoking questions that inspire growth and development

### RESILIENCE SKILLS

- Perfect for quick standalone classes or 'Lunch 'n Learn' sessions
- Skills include Gratitude, Values-based Goals, Strength Utilization, Reframing, Balanced Thinking, Celebrating Success, Mindfulness, and Physical Resilience