

## MISSION

Army Family Team Building empowers individuals, maximizing their personal growth and professional development through specialized training, transforming our community into a resilient and strong foundation meeting today's military mission.

## WHY SHOULD I ATTEND?

AFTB helps you to not just cope with, but enjoy the military lifestyle. Many of the courses can be applied toward resume' and career building, self-development and leadership skills.

AFTB provides the knowledge and self-confidence to take responsibility for yourself and your Family. The training is available to Soldiers, Family members of all Soldiers, Department of Defense civilians and volunteers.

Upon request, our instructors can provide individual modules from each of the levels for any unit or organization in either stand alone sessions or in concept blocks covering related topics. These are great for both Families and for Soldiers, especially if your unit is looking for professional development series. Our instructors can also offer "Formal Functions Made Easy" - a one hour module of customs, courtesies and protocol related to military balls.

## INTERESTED IN BECOMING PART OF OUR TEAM?

Contact us today  
for more information  
on becoming an  
AFTB Volunteer  
or a certified  
AFTB instructor!



### B322 ROSE BARRACKS

DSN: 476-2650

CIV: 09662-83-2650

### B244 TOWER BARRACKS

DSN: 526-4403

CIV: 09641-70-526-4403



U.S. ARMY  
**MWR**  
USAG BAVARIA



# AFTB

## ARMY FAMILY TEAM BUILDING

## PROGRAM INFORMATION

U.S. ARMY  
GARRISON  
BAVARIA

# WHAT AFTB CLASS SHOULD I ATTEND?

## LEVEL K

### BASIC INFORMATION ABOUT THE ARMY

Learn about the Army life and how to maneuver through daily challenges by discovering how to decipher Army acronyms, utilize Community Resources, attain better financial readiness and understand the goal and impact.

- Expectations and Impact of the Mission on Family Life
- Military Acronyms and Terms
- The Chain of Command
- Introduction to Military Customs, Courtesies & Traditions
- Military Social Functions
- Military Benefits and Entitlements
- Introduction to Military and Civilian Community Resources
- Introduction to Soldier & Family Readiness Groups
- Military Family Preparedness
- Resiliency, Be the Bouncing Ball

## LEVEL G

### PERSONAL GROWTH SKILLS

Grow personally through self-development modules. Learn how to improve your communication skills, personal relationships, and stress management skills. Discover how teams form and grow, how to solve problems and how to resolve personal conflict. Acquire knowledge on Army traditions, customs, courtesies and protocol.

- Learn to Communicate
- Effective Conflict Management
- Problem Solving Strategies
- Exploring Personality Traits
- Improving Personal Relationships
- Successful Team Dynamics
- Growing Through Change
- Resiliency During Crisis and Grief
- Overcoming Stress
- Winning at Time Management
- Time to Serve: The Volunteer Experience
- Heading Toward Leadership

## LEVEL L

### LEADERSHIP SKILLS

Thrive in the Army and civilian life by expanding leadership skills, effective communication techniques and learning to mentor others into leadership positions. Learn about the different leadership styles, how to run an effective meeting, how to manage group conflict and how to coach and mentor others.

- Leadership Through Understanding Needs
- Examining Your Leadership Style
- Effective Communication for Leaders
- Developing Great Meetings
- Establishing Team Dynamics
- Resolving Conflict
- Supporting Others Through Coaching and Mentoring
- Virtual Meetings: Tips & Techniques

## INTERESTED? CONTACT US TODAY!