



Deployment Transition Center

Resiliency Course Description
CAO 8 April 2021

Course Name/ Time (Virtual)	Description	Effects of Course For CC to know
Building Confidence 45-60 Min	Gives an explanation on the importance of self-confidence and how it ties into self-esteem. Providing members with skills on how to develop, gain, and maintain self-confidence.	Airmen that lack confidence in themselves can not only negatively affect those around them, but also the mission. This course will teach Airmen how to develop and grow their self-confidence, as well as highlight the benefits of self-confidence in their occupation, relationships, and lives in general.
Team Building 45 Min (Only offered in person)	To inspire team members to work together, to develop their strengths, and to address any weaknesses. To highlight the importance of team dynamics and good communication between team members.	Having a cohesive and supportive team is vital to mission success. This lesson provides Airman an opportunity to work as a team, strengthening trust and communication, while also developing a better understanding of the ways their peers respond to different forms of communication and direction.
Positive Thinking, We are What We Think 45 -60 Min	Identify how your thoughts about an event contributes to your reactions. How you think about something drives how you react to it. Understanding the difference between your thoughts, emotional reactions, and physical reactions.	Provides a detailed explanation of what positive thinking is to help members identify and alter negative thinking patterns. Utilizing this skill will help improve performance, act based on values, and strengthen professional and personal relationships.
Emotional Bearings 30 - 45 Min	Provides members with a basic understanding on types of emotions and the ability recognize and manage them appropriately. Gives tools to identify how different types of emotions influence relationships both personally and professionally.	Being able to recognize and manage different emotions in an appropriate and healthy manner will enhance members' abilities to be effective leaders and followers. The ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.
Effective Communication/ Active Listening 45 Min	Knowing how to properly send and receive information, to include the emotions associated with communication. Ensuring the accurate transmission of information and the ability to recognize when you aren't communicating effectively.	Communication and active listening skills are crucial if any objective is to be accomplished successfully. Enhancing Airmen's ability to convey and receive information to and from another effectively and efficiently in their professional and personal lives.
COVID Coping 30 - 45 Min	Highlighting unique challenges and stressors that COVID-19 has placed on all of us.	To improve our abilities to overcome and adapt with impacts COVID-19 has had on the mission and personal lives.

Giving and Taking Constructive Feedback 30 - 45 Min	To help members understand the differences between feedback and criticism. Provides members with the ability to effectively give and receive feedback both personally and professionally.	The ability to give and receive constructive feedback is essential for every Supervisor and Supervisee in today's Air Force, whether you are conducting an ACA or giving on-the-spot feedback. This course will teach Airman how to give and take constructive feedback respectfully and productively, to promote growth and competency.
Healthy Relationships 30 - 45 Min	Members are educated on the differences between healthy and unhealthy relationships. To improve on healthy relationship building and maintenance skills to reduce pitfalls, as well as, resources on how to get out of unhealthy relationships.	Unhealthy relationships can often lead to domestic violence, which is a major issue that impacts 1 in 4 women and 1 in 7 men. By providing the basic knowledge, members are better able to identify if there are issues or concerns within their relationship, utilize tools to improve their relationships and seek help when needed.
Helping Others in the Work Center 30 - 45 Min	Gives an explanation on the importance of peer support and how it goes both ways. Provides members with skills on how to help identify peers in time of need and how provide support.	No mission can be accomplished without teamwork. This course will teach Airmen how to identify when their peers may need help, as well as being comfortable asking for help themselves. Airman maybe hesitant to admit when they may need help from their peers or supervisors. This course will help individuals understand that asking for help is not only okay, but welcomed.
Holiday Stress Management 30 - 45 Min <i>(Only offered during the holidays)</i>	Provides participants the ability to identify signs of holiday stress during COVID. It also provide short and long term tools/skills to relieve and cope with stress that is a result of annual holiday season.	Knowing and understanding causes and effects of holiday stress will allow member to know what to look for in themselves and coworkers. Providing tools to relief stress can have long terms benefits on members and work center.
Understanding Trauma and How to Heal 30 - 45 Min	Gives a detailed explanation on what trauma is, the affects it can have on an individual, how to grow from it, and ultimately how to heal and move forward. Provides members with healthy ways to express their emotions, leading to better interactions from a social perspective and helping maintain important relationships.	Any trauma can have negative and positive impacts on all members throughout a unit. Ensuring members are equipped with information on what and how trauma can influence their ability on how they will grow.
How to Connect 30 - 45 Min	Gives a detailed explanation on how military members can better connect with their social support network such as peers and family.	Provides members with a better sense of community/connection. Also provides a better understanding regarding the impact loneliness can have on one's life.
How to Resolve Conflict in the Workplace 30 - 45 Min	Conflict is common and often inevitable; knowing how to properly handle the situation can help keep communication productive and lead to possible resolutions.	Conflict can be detrimental to a unit's ability to work as a team. In this course, Airmen are taught how to identify and resolve conflict in a productive way, before it affects the morale of the unit and the ability to complete the mission.

Sleep Enhancement 30 - 45 Min	Provides members with a detailed explanation on skills and resources available for members to foster a comfortable sleep environment to optimize sleep cycles.	Fatigue is one of the leading causes of mishaps. This course will provide a detailed explanation on skills and resources available for members to utilize in order for them to foster a comfortable sleep environment. Additionally, adequate sleep has a positive influence on mood, concentration and physical wellness.
Responsible Drinking 45 - 60 Min	Provides basic alcohol education and teach member's what responsible drinking is in order to prevent health problems associated with binge drinking and prevent alcohol related incidents.	One of the leading causes of negative impact on USAF careers is alcohol-related incidents. By providing tools and real-world interactive descriptions of what responsible drinking is, members maybe less inclined to be involved with negative behavior in the future.
Stress Management 45 Min	Provide information on identifying, short-term, long-term effects, and helpful strategies for stress management. To equip members with basic knowledge and tools to alleviate stress.	Stress is one of the most common issues Airman deal with today. This course teaches Airman the differences between distress and eustress, as well as what it looks like to work at your optimal performance with your current level of stress.