



## MILITARY ETIQUETTE CLASS DESCRIPTION:

- Lesson 1: Communication
- Lesson 2: Personal Time Management
- Lesson 3: Stress Management
- Lesson 4: Acknowledging Change
- Lesson 5: Exploring Personality Traits
- Lesson 6: Enhancing Personal Relationships
- Lesson 7: Team Dynamics
- Lesson 8: Personal Conflict Management
- Lesson 9: Creative Problem Solving
- Lesson 10: Traditions, Customs, Courtesies, and Protocol
- Lesson 11: Crisis, Coping, and Grieving
- Lesson 12: The Volunteer Experience
- Lesson 13: Family Readiness Groups and the Deployment Cycle
- Lesson 14: Introduction to Leadership



## About AFTB

AFTB is a volunteer-led organization with a central tenet: provide training and knowledge to spouses and family members to support the total Army effort. Strong families are the pillar of support behind strong Soldiers. It is AFTB's mission to educate and train all of the Army in knowledge, skills, and behaviors designed to prepare our Army families to move successfully into the future.

Call ACS for more information:  
633-7084

May 5, 10 a.m.-3 p.m.  
ACS/Yellow Ribbon Room

