

## NLEC Spouse Leadership Class Sample Schedule

Module Name	Time
<b>MONDAY</b>	
<b>CO Welcome for Spouses and their Service Members</b>	0800-0815
Introduction	0815-0910
Team Building	0920-1035
Chief of Naval Personnel, VDML Cheeseman	1045-1145
<b>LUNCH</b>	
Travel Department	1245-1300
Personal Vision	1300-1315
Command Support Team Relationships	1315-1400
<b>Tour Charter Brief for all Spouses &amp; their Service Members</b>	1415-1500
<b>TUESDAY</b>	
Values, Ethics, and Optics	0800-0915
Mentor Optics Session	0930-1015
Communication Strategies	1030-1130
<b>LUNCH</b>	
Leadership Styles	1230-1400
<b>Navy Family Framework</b>	1415-1515
<b>WEDNESDAY</b>	
Group Dynamics	0815-0945
Personal Vision Sharing Time	0945-1015
Navy Family Resources	1015-1115
<b>LUNCH</b>	
<b>The 5 Love Languages (optional for couples)</b>	1140-1240
<b>Emotional Toughness</b> <small>for PCO/PXO Spouses &amp; their Service Members</small>	1245-1415
<b>Emotional Toughness</b> <small>for CMC/COB Spouses &amp; their Service Members</small>	1245-1415
Legal Resources	1430-1515
After Hours "No Host" Social with the Class Mentors: all invited	1600-?
<b>THURSDAY</b>	
Communication Within the Command	0800-0920
Conflict Resolution Modes	0930-1020
Crisis Management	1030-1200
<b>LUNCH</b>	
<b>MBTI Debrief</b>	1330-1430
Navy Heritage Mentor Session	1445-1530
<b>FRIDAY</b>	
Navigating Social Media	0800-0915
Crisis Case Study	0930-1100
Survey <small>(ask service members to get lunch for their spouses to be eaten during CTC presentations)</small>	1100-1115
<b>Tour Charter Presentations</b>	1115-1200
<b>Spouse Course Graduation/TRIAD Farewell</b>	1215