## SPOUSES COURSE SCHEDULE (Virtual) SAMPLE

| CO Welcome for Spouses and their Service Members   100-1115   Intro  |   |           |                  |
|--|---|-----------|------------------|
| Team Building         1210-1240           Command Support Team         1240-1315           Navy Family Framework<br>(OMB/FRG)         1330-1430           MBTI Debrief         1445-1545           Personal Vision         1600-1625           Tour Charter Brief for PCO Spouse and their Service Member         1625-1700           Tour Charter Brief for CMC/COB Spouse and their Service Member         1625-1700           Values, Ethics, and Optics         Tuesday         1100-1200           Group Dynamics         1215-1300           Post Tour Couples         1315-1415         1430-1500           Legal Resources         1430-1500         1510-1600           Mentor Optics Session         1510-1600         1500-1600           Navy Family Resources         Wednesday         1100-1200           Strategic Use of Social Media         1215-1330         1430-1500           Mentor Session with Mrs. Amy Smith         1345-1420         1430-1520           Command Environments         1530-1630         1500-1630           Communication         Thursday         1100-1220           Leadership Styles         1230-1330         1530-1630           Communication         Thursday         1100-1220           Leadership Styles         1230-1330         1   | CO Welcome for Spouses and their Service Members                | Monday    | <u>1100-1115</u> |
| Command Support Team 1240-1315  Navy Family Framework (OMB/FRG) 1330-1430  MBTI Debrief 1445-1545  Personal Vision 1600-1625  Tour Charter Brief for PCO Spouse and their Service Member 1625-1700  Tour Charter Brief for CMC/COB Spouse and their Service Member 1625-1700  Values, Ethics, and Optics Tuesday 1100-1200  Group Dynamics 1215-1300  Post Tour Couples 1315-1415  Legal Resources 1430-1500  Mentor Optics Session 1510-1600  Navy Family Resources Wednesday 1100-1200  Strategic Use of Social Media 1215-1330  Mentor Session with Mrs. Amy Smith 1345-1420  Navigating Stress 1430-1520  Command Environments 1530-1630  Communication Thursday 1100-1220  Leadership Styles 1230-1330  CST Mentor Session 1340-1410  Emotional Survival for PCO Spouse and their Service Member 1415-1545  Emotional Survival for CMC/COB Spouse and their Service Member 1415-1545  Emotional Survival for CMC/COB Spouse and their Service Member 1415-1545  Corrisis Management Friday 1100-1300  Crisis Case Study 1315-1445  Survey 1445-1500  Tour Charter Presentation All Spouses and their Service Members 1515-1550  | Intro   |           | 1115-1200        |
| Navy Family Framework (OMB/FRG)  MBTI Debrief  1445-1545 Personal Vision  Tour Charter Brief for PCO Spouse and their Service Member  Tour Charter Brief for CMC/COB Spouse and their Service Member  Values, Ethics, and Optics  Tuesday  Tu | Team Building   |           | 1210-1240        |
| (OMB/FRG)         1330-1430           MBTI Debrief         1445-1545           Personal Vision         1600-1625           Tour Charter Brief for PCO Spouse and their Service Member         1625-1700           Tour Charter Brief for CMC/COB Spouse and their Service Member         1625-1700           Values, Ethics, and Optics         Tuesday         1100-1200           Group Dynamics         1215-1330           Post Tour Couples         1315-1415           Legal Resources         1430-1500           Mentor Optics Session         1510-1600           Navy Family Resources         Wednesday         1100-1200           Strategic Use of Social Media         1215-1330           Mentor Session with Mrs. Amy Smith         1345-1420           Navigating Stress         1430-1520           Command Environments         1530-1630           Communication         Thursday         1100-1220           Leadership Styles         1230-1330           CST Mentor Session         1340-1410           Emotional Survival for PCO Spouse and their Service Member         1415-1545           Emotional Survival for CMC/COB Spouse and their Service Member         1415-1545           Conflict Resolution Modes         Friday         1100-1300           Crisis Managem   | Command Support Team  |           | <u>1240-1315</u> |
| MBTI Debrief 1445-1545 Personal Vision 1600-1625 Tour Charter Brief for PCO Spouse and their Service Member 1625-1700 Tour Charter Brief for CMC/COB Spouse and their Service Member 1625-1700  Values, Ethics, and Optics Tuesday 1100-1200 Group Dynamics 1215-1300  Post Tour Couples 1315-1415 Legal Resources 1430-1500 Mentor Optics Session 1510-1600  Navy Family Resources Wednesday 1100-1200 Strategic Use of Social Media 1215-1330 Mentor Session with Mrs. Amy Smith 1345-1420 Command Environments 1530-1630  Communication Thursday 1100-1220 Leadership Styles 1230-1330 CST Mentor Session 1340-1410 Emotional Survival for PCO Spouse and their Service Member 1415-1545 Emotional Survival for CMC/COB Spouse and their Service Member 1415-1545 Conflict Resolution Modes Friday 1100-1300  Crisis Management Friday 1100-1300 Crisis Case Study 1315-1445 Survey 1445-1550   | Navy Family Framework   |           |                  |
| Personal Vision 1600-1625 Tour Charter Brief for PCO Spouse and their Service Member 1625-1700 Tour Charter Brief for CMC/COB Spouse and their Service Member 1625-1700  Values, Ethics, and Optics 1215-1300  Post Tour Couples 1315-1415 Legal Resources 1430-1500 Mentor Optics Session 1510-1600  Navy Family Resources Wednesday 1100-1200 Strategic Use of Social Media 1215-1330 Mentor Session with Mrs. Amy Smith 1345-1420 Navigating Stress 1430-1520 Command Environments 1530-1630  Communication Thursday 1100-1220 Leadership Styles 1230-1330 CST Mentor Session 1340-1410 Emotional Survival for PCO Spouse and their Service Member 1415-1545 Emotional Survival for CMC/COB Spouse and their Service Member 1415-1545 Conflict Resolution Modes Friday 1100-1300 Crisis Management Friday 1100-1300 Crisis Case Study 1315-1455 Survey 1445-1550 Tour Charter Presentation All Spouses and their Service Members 1515-1550  | (OMB/FRG)   |           | <u>1330-1430</u> |
| Tour Charter Brief for PCO Spouse and their Service Member  Tour Charter Brief for CMC/COB Spouse and their Service Member  1625-1700  Values, Ethics, and Optics Tuesday 1100-1200 Group Dynamics  Post Tour Couples 1315-1415 Legal Resources 1430-1500 Mentor Optics Session  Navy Family Resources Wednesday 1100-1200 Strategic Use of Social Media Mentor Session with Mrs. Amy Smith 1345-1420 Navigating Stress 1430-1520 Communication Thursday 1100-1220  Communication Thursday 1100-1220 Leadership Styles 1230-1330 CST Mentor Session Thursday 1100-1220 Emotional Survival for PCO Spouse and their Service Member Emotional Survival for CMC/COB Spouse and their Service Member Conflict Resolution Modes  Friday 1100-1300 Crisis Management Friday 1100-1300 Crisis Case Study 1315-1445 Survey Tour Charter Presentation All Spouses and their Service Members 1551-550  | MBTI Debrief  |           | <u>1445-1545</u> |
| Tour Charter Brief for CMC/COB Spouse and their Service Member  Values, Ethics, and Optics  Group Dynamics  Post Tour Couples  Legal Resources  Mentor Optics Session  Navy Family Resources  Wednesday  Strategic Use of Social Media  Mentor Session with Mrs. Amy Smith  Navigating Stress  Command Environments  Communication  Leadership Styles  CST Mentor Session  Thursday  Leadership Styles  CST Mentor Session  Thursday  Leadership Styles  Command Survival for PCO Spouse and their Service Member  Emotional Survival for CMC/COB Spouse and their Service Member  Crisis Management  Friday  Tiou-1200  Friday  1100-1220  1230-1330  1340-1410  Emotional Survival for PCO Spouse and their Service Member  Crisis Management  Friday  1100-1300  Tour Charter Presentation All Spouses and their Service Members  1445-1550  Tour Charter Presentation All Spouses and their Service Members  15515-1550  | Personal Vision   |           | <u>1600-1625</u> |
| Values, Ethics, and Optics  Group Dynamics  Post Tour Couples  Legal Resources  Mentor Optics Session  Navy Family Resources  Wednesday  Strategic Use of Social Media  Mentor Session with Mrs. Amy Smith  Navigating Stress  Command Environments  Communication  Leadership Styles  CST Mentor Session  Thursday  Leadership Styles  CST Mentor Session  Emotional Survival for PCO Spouse and their Service Member  Emotional Survival for CMC/COB Spouse and their Service Member  Crisis Management  Friday  Tioo-1200  1100-1200  Tour Charter Presentation All Spouses and their Service Members  1215-1330  Tuesday  1100-1200  Wednesday  1100-1200  1215-1330  Thursday  1100-1220  1230-1330  1230-1330  1230-1330  1240-1410  1250-1350  Tour Charter Presentation All Spouses and their Service Members  1215-1550   | Tour Charter Brief for PCO Spouse and their Service Member      |           | <u>1625-1700</u> |
| Group Dynamics         1215-1300           Post Tour Couples         1315-1415           Legal Resources         1430-1500           Mentor Optics Session         1510-1600           Navy Family Resources         Wednesday         1100-1200           Strategic Use of Social Media         1215-1330           Mentor Session with Mrs. Amy Smith         1345-1420           Navigating Stress         1430-1520           Command Environments         1530-1630           Communication         Thursday         1100-1220           Leadership Styles         1230-1330           CST Mentor Session         1340-1410           Emotional Survival for PCO Spouse and their Service Member         1415-1545           Emotional Survival for CMC/COB Spouse and their Service Member         1600-1700           Crisis Management         Friday         1100-1300           Crisis Case Study         1315-1445           Survey         1445-1500           Tour Charter Presentation All Spouses and their Service Members         1515-1550   | Tour Charter Brief for CMC/COB Spouse and their Service Member  |           | <u>1625-1700</u> |
| Group Dynamics         1215-1300           Post Tour Couples         1315-1415           Legal Resources         1430-1500           Mentor Optics Session         1510-1600           Navy Family Resources         Wednesday         1100-1200           Strategic Use of Social Media         1215-1330           Mentor Session with Mrs. Amy Smith         1345-1420           Navigating Stress         1430-1520           Command Environments         1530-1630           Communication         Thursday         1100-1220           Leadership Styles         1230-1330           CST Mentor Session         1340-1410           Emotional Survival for PCO Spouse and their Service Member         1415-1545           Emotional Survival for CMC/COB Spouse and their Service Member         1600-1700           Crisis Management         Friday         1100-1300           Crisis Case Study         1315-1445           Survey         1445-1500           Tour Charter Presentation All Spouses and their Service Members         1515-1550   |   |           |                  |
| Post Tour Couples         1315-1415           Legal Resources         1430-1500           Mentor Optics Session         1510-1600           Navy Family Resources         Wednesday         1100-1200           Strategic Use of Social Media         1215-1330           Mentor Session with Mrs. Amy Smith         1345-1420           Navigating Stress         1430-1520           Command Environments         1530-1630           Communication         Thursday         1100-1220           Leadership Styles         1230-1330           CST Mentor Session         1340-1410         1340-1410           Emotional Survival for PCO Spouse and their Service Member         1415-1545         1415-1545           Conflict Resolution Modes         1600-1700         100-1300           Crisis Management         Friday         1100-1300           Crisis Case Study         1315-1445         1315-1445           Survey         1445-1500           Tour Charter Presentation All Spouses and their Service Members         1515-1550  | Values, Ethics, and Optics                                      | Tuesday   | 1100-1200        |
| Legal Resources1430-1500Mentor Optics Session1510-1600Navy Family ResourcesWednesday1100-1200Strategic Use of Social Media1215-1330Mentor Session with Mrs. Amy Smith1345-1420Navigating Stress1430-1520Command Environments1530-1630CommunicationThursday1100-1220Leadership Styles1230-1330CST Mentor Session1340-1410Emotional Survival for PCO Spouse and their Service Member1415-1545Emotional Survival for CMC/COB Spouse and their Service Member1600-1700Crisis ManagementFriday1100-1300Crisis Case Study1315-1445Survey1445-1550Tour Charter Presentation All Spouses and their Service Members1515-1550  | Group Dynamics  |           | 1215-1300        |
| Legal Resources1430-1500Mentor Optics Session1510-1600Navy Family ResourcesWednesday1100-1200Strategic Use of Social Media1215-1330Mentor Session with Mrs. Amy Smith1345-1420Navigating Stress1430-1520Command Environments1530-1630CommunicationThursday1100-1220Leadership Styles1230-1330CST Mentor Session1340-1410Emotional Survival for PCO Spouse and their Service Member1415-1545Emotional Survival for CMC/COB Spouse and their Service Member1600-1700Crisis ManagementFriday1100-1300Crisis Case Study1315-1445Survey1445-1550Tour Charter Presentation All Spouses and their Service Members1515-1550  |   |           |                  |
| Mentor Optics Session1510-1600Navy Family ResourcesWednesday1100-1200Strategic Use of Social Media1215-1330Mentor Session with Mrs. Amy Smith1345-1420Navigating Stress1430-1520Command Environments1530-1630CommunicationThursday1100-1220Leadership Styles1230-1330CST Mentor Session1340-1410Emotional Survival for PCO Spouse and their Service Member1415-1545Emotional Survival for CMC/COB Spouse and their Service Member1600-1700Crisis ManagementFriday1100-1300Crisis Case Study1315-1445Survey1445-1500Tour Charter Presentation All Spouses and their Service Members1515-1550  | Post Tour Couples   |           | <u>1315-1415</u> |
| Navy Family Resources Strategic Use of Social Media Mentor Session with Mrs. Amy Smith Navigating Stress Id30-1520 Command Environments Thursday Leadership Styles CST Mentor Session Emotional Survival for PCO Spouse and their Service Member Emotional Survival for CMC/COB Spouse and their Service Member Conflict Resolution Modes Trials Management Friday Ti00-1200 Friday Ti00-1220 Tour Charter Presentation All Spouses and their Service Members Trials Mentor Session Ti00-1200 Tisis Management Friday Ti00-1300 Tisis Case Study Tour Charter Presentation All Spouses and their Service Members Ti515-1550  | Legal Resources   |           | <u>1430-1500</u> |
| Strategic Use of Social Media 1215-1330  Mentor Session with Mrs. Amy Smith 1345-1420  Navigating Stress 1430-1520  Command Environments 1530-1630  Communication Thursday 1100-1220  Leadership Styles 1230-1330  CST Mentor Session 1340-1410  Emotional Survival for PCO Spouse and their Service Member 1415-1545  Emotional Survival for CMC/COB Spouse and their Service Member 1600-1700  Crisis Management Friday 1100-1300  Crisis Case Study 1315-1445  Survey 1445-1500  Tour Charter Presentation All Spouses and their Service Members 1515-1550  | Mentor Optics Session   |           | <u>1510-1600</u> |
| Strategic Use of Social Media 1215-1330  Mentor Session with Mrs. Amy Smith 1345-1420  Navigating Stress 1430-1520  Command Environments 1530-1630  Communication Thursday 1100-1220  Leadership Styles 1230-1330  CST Mentor Session 1340-1410  Emotional Survival for PCO Spouse and their Service Member 1415-1545  Emotional Survival for CMC/COB Spouse and their Service Member 1600-1700  Crisis Management Friday 1100-1300  Crisis Case Study 1315-1445  Survey 1445-1500  Tour Charter Presentation All Spouses and their Service Members 1515-1550  |   |           |                  |
| Mentor Session with Mrs. Amy Smith1345-1420Navigating Stress1430-1520Command Environments1530-1630CommunicationThursday1100-1220Leadership Styles1230-1330CST Mentor Session1340-1410Emotional Survival for PCO Spouse and their Service Member1415-1545Emotional Survival for CMC/COB Spouse and their Service Member1600-1700Crisis ManagementFriday1100-1300Crisis Case Study1315-1445Survey1445-1500Tour Charter Presentation All Spouses and their Service Members1515-1550   | Navy Family Resources   | Wednesday | 1100-1200        |
| Navigating Stress 1430-1520 Command Environments 1530-1630  Communication Thursday 1100-1220 Leadership Styles 1230-1330 CST Mentor Session 1340-1410 Emotional Survival for PCO Spouse and their Service Member 1415-1545 Emotional Survival for CMC/COB Spouse and their Service Member 1415-1545 Conflict Resolution Modes 1600-1700  Crisis Management Friday 1100-1300 Crisis Case Study 1315-1445 Survey 1445-1500 Tour Charter Presentation All Spouses and their Service Members 1515-1550   | Strategic Use of Social Media                                   |           | <u>1215-1330</u> |
| Command Environments1530-1630CommunicationThursday1100-1220Leadership Styles1230-1330CST Mentor Session1340-1410Emotional Survival for PCO Spouse and their Service Member1415-1545Emotional Survival for CMC/COB Spouse and their Service Member1600-1700Crisis ManagementFriday1100-1300Crisis Case Study1315-1445Survey1445-1500Tour Charter Presentation All Spouses and their Service Members1515-1550  | Mentor Session with Mrs. Amy Smith                              |           | <u>1345-1420</u> |
| Communication Thursday 1100-1220 Leadership Styles 1230-1330 CST Mentor Session 1340-1410 Emotional Survival for PCO Spouse and their Service Member 1415-1545 Emotional Survival for CMC/COB Spouse and their Service Member 1415-1545 Conflict Resolution Modes 1600-1700  Crisis Management Friday 1100-1300 Crisis Case Study 1315-1445 Survey 1445-1500 Tour Charter Presentation All Spouses and their Service Members 1515-1550   | Navigating Stress   |           | 1430-1520        |
| Leadership Styles  CST Mentor Session  Emotional Survival for PCO Spouse and their Service Member  Emotional Survival for CMC/COB Spouse and their Service Member  Conflict Resolution Modes  Crisis Management  Crisis Case Study  Tour Charter Presentation All Spouses and their Service Members  1230-1330 1340-1410 1415-1545 1415-1545 1415-1545 1515-1550   | Command Environments  |           | <u>1530-1630</u> |
| Leadership Styles  CST Mentor Session  Emotional Survival for PCO Spouse and their Service Member  Emotional Survival for CMC/COB Spouse and their Service Member  Conflict Resolution Modes  Crisis Management  Crisis Case Study  Tour Charter Presentation All Spouses and their Service Members  1230-1330 1340-1410 1415-1545 1415-1545 1415-1545 1515-1550   |   |           |                  |
| CST Mentor Session 1340-1410  Emotional Survival for PCO Spouse and their Service Member 1415-1545  Emotional Survival for CMC/COB Spouse and their Service Member 1415-1545  Conflict Resolution Modes 1600-1700  Crisis Management Friday 1100-1300  Crisis Case Study 1315-1445  Survey 1445-1500  Tour Charter Presentation All Spouses and their Service Members 1515-1550  | Communication   | Thursday  | 1100-1220        |
| Emotional Survival for PCO Spouse and their Service Member  Emotional Survival for CMC/COB Spouse and their Service Member  Conflict Resolution Modes  Crisis Management  Friday  1100-1300  Crisis Case Study  Survey  Tour Charter Presentation All Spouses and their Service Members  1415-1545  1415-1545  1515-1550   | Leadership Styles   |           | 1230-1330        |
| Emotional Survival for CMC/COB Spouse and their Service Member  Conflict Resolution Modes  Crisis Management  Friday  1100-1300  Crisis Case Study  Survey  Tour Charter Presentation All Spouses and their Service Members  1415-1545  1600-1700  | CST Mentor Session  |           | 1340-1410        |
| Crisis Management Crisis Case Study Survey Tour Charter Presentation All Spouses and their Service Members  1600-1700 1100-1300 1100-1300 1315-1445 1315-1445 1515-1550  | Emotional Survival for PCO Spouse and their Service Member      |           | 1415-1545        |
| Crisis Management Friday 1100-1300 Crisis Case Study 1315-1445 Survey 1445-1500 Tour Charter Presentation All Spouses and their Service Members 1515-1550  | Emotional Survival for CMC/COB Spouse and their Service Member  |           | 1415-1545        |
| Crisis Case Study1315-1445Survey1445-1500Tour Charter Presentation All Spouses and their Service Members1515-1550  |   |           | 1600-1700        |
| Crisis Case Study1315-1445Survey1445-1500Tour Charter Presentation All Spouses and their Service Members1515-1550  |   | -         | -                |
| Survey 1445-1500 Tour Charter Presentation All Spouses and their Service Members 1515-1550   | Crisis Management   | Friday    | <u>1100-1300</u> |
| Survey1445-1500Tour Charter Presentation All Spouses and their Service Members1515-1550  | Crisis Case Study   |           | 1315-1445        |
| Tour Charter Presentation All Spouses and their Service Members 1515-1550  | Survey  |           |                  |
|  | Tour Charter Presentation All Spouses and their Service Members |           |                  |
|  | Course Wrap-Up  |           |                  |

<sup>\*</sup>Times are Eastern Standard Time