

CNRMA CREDO PROGRAM MENU

Resiliency

- ☐ Command Stand Down
- ☐ Command Indoc
- ☐ Weekend Event
- ☐ 3-4 hours
- ☐ 1-3 hours

Personality Programs

- ☐ Communication
- ☐ Team Building
- ☐ Conflict Resolution
- ☐ New Leader Development

Marriage Enrichment

- ☐ By Request
 - Pre/Post Deployment
 - 20 couple minimum
- ☐ As Advertised
 - See CMD Chaplain
- ☐ 1 Day Event

Suicide Prevention

- ☐ Command Stand Down
- ☐ Command Indoc
- ☐ **ASIST** (2 Day)
 - HM, SPC, Providers, etc.
- ☐ **safeTALK** (3hrs)
 - All Hands

Leadership Development

- ☐ Leading from an Outward Mindset
 - Mindset awareness/development
- ☐ Developing and Implementing an Outward Mindset
 - Executive level (O4/E8 and up)
 - Command Culture Shift
 - Command Climate Change
- ☐ Strength Finder
 - All hands
 - Personality and Talent

CREDO Training is available to All Hands, Dependents, CIV, GS, NAF.

For more information:

CNRMACREDO@GMAIL.COM or call 757-444-6051

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SAFETalk

SAFE Talk: focuses on helping people to recognize and be aware of the signs that indicate someone may be having thoughts of suicide, and connecting those who are having thoughts of suicide with caregivers who are trained and prepared to address those thoughts and keep them safe.

ASIST

ASIST: is a more in-depth look at the causes, expressions, and thought processes experienced by people having suicidal ideations or actions, and how they can be turned back toward keeping safe and focusing on the future. This is a scenario based training with community resources available.

ARBINGER

The Arbinger Institute's Living with an Outward Mindset and Developing and Implementing an Outward Mindset are programs that focus on leadership and communication, and how our attitudes can help or hinder the achievement of results both in the workplace and in our daily lives. Looking at real world examples from Toyota, Raytheon, and Chicago and Los Angeles police departments, among others, the Arbinger program looks at how we see ourselves, others, and how we affect positive change.

ARSENAL

ARSENAL is a program developed by a retired Army Green Beret officer, and focuses on seven key aspects of life, Awareness, Rest, Support, Exercise, Nutrition, Attitude, and Life-Long Learning that have been proven to have a positive effect on mitigating long-term effects of chronic stress and building resiliency.

4 Lenses

4 Lenses is a personality type assessment tool that focuses on the differences between four personality preferences, and how those differences can be used to enable and strengthen communication across types. It looks at how we process information, what our values are, and how we can use what we know about each other to work together and produce results.

Clifton Strengths Finder

Strengths Finder is both a personality assessment and a team building course. You will learn the top five of your 34 strengths and which category they fall in: Executing, Influencing, Relationship Building, and Strategic Thinking. The goal is to appreciate your unique giftedness, that of your team, and to work out of your strengths/talents rather than your weaknesses.

MER / MEW

Our Marriage Enrichment events use three programs (4 Lenses, The Gottman Institute's Seven Principles for Making Marriage Work, and The Five Love Languages) to help couples learn not just that the secret to a successful marriage is communication, but how best to openly and honestly communicate in a way that is empowering to both members of a couple and how to focus on what will make their union stronger, rather than dividing it. These are not religious based events, we utilize multiple couples programs to develop communication and connection.

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