



CREDO MID-ATLANTIC: How We Can Support Your Command





MARRIAGE ENRICHMENT



THREE-DAY
MARRIAGE ENRICHMENT RETREATS



ONE-DAY
MARRIAGE ENRICHMENT WORKSHOPS



OFFERED MONTHLY AND BY COMMAND REQUEST





CONFLICT RESOLUTION & TEAM BUILDING



ARBINGER

HELPS TEAMS MOVE FROM DEFAULT SELF-FOCUS OF AN INWARD MINDSET
TO THE RESULT-FOCUS OF AN OUTWARD MINDSET

DEVELOPING AND IMPLEMENTING AN OUTWARD MINDSET

- *2-Day Workshop* •

LIVING AN OUTWARD MINDSET

- *1-Day Workshop* •



TEAM BUILDING



FOUR LENSES TEMPERAMENT ASSESSMENT

A PROVEN TEMPERAMENT MODEL
THAT ACTS AS A UNIVERSAL
COMPANION TO ANY TRAINING

• 2 HOURS •

MYERS-BRIGGS TEMPERAMENT INDICATOR

MBTI IS AN INTROSPECTIVE SELF-
REPORT QUESTIONNAIRE
INDICATING DIFFERING
PSYCHOLOGICAL PREFERENCES IN
HOW PEOPLE PERCEIVE THE WORLD
& MAKE DECISIONS

• 2-3 HOURS •



SUICIDE PREVENTION



SafeTALK

THREE-HOUR TRAINING DESIGNED TO HELP PARTICIPANTS RECOGNIZE PERSONS AT RISK OF SUICIDE, RESPOND TO THEIR INVITATIONS FOR HELP AND APPLY BASIC INTERVENTION STEPS TO CONNECT THEM WITH APPROPRIATE HELPERS.

ASIST

TWO-DAY TRAINING FOR FORMAL OR INFORMAL CAREGIVERS IN ANY COMMUNITY, GROUP OR ORGANIZATION. THE PROGRAM ENHANCES CAREGIVER SKILLS AND CONFIDENCE TO INTERVENE WITH A PERSON AT RISK OF SUICIDE.

OFFERED WEEKLY AND BY COMMAND REQUEST



CREDO offers safeTALK and ASIST

- Offered in 3hr or 15hr formats
 - Equips sailors to respond to suicide indicators
- Suicide rate in the Navy is double the rate of the US pop.



BUILD RESILIENCE



ARSENAL

SEVEN BEST PRACTICES TO MANAGE AND MITIGATE CHRONIC STRESS

• 3 HOURS •

IMMUNITY TO CHANGE

RESEARCH BASED PROGRAM THAT EMPOWERS LASTING CHANGE

• 2 HOURS •



WAYS TO CONTACT YOUR Chaplain Friebel



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