



**ENGAGED.  
TESTED.  
PROVEN!**

# Building a **STRONG FAMILY**<sup>TM</sup>

## LIFE SKILLS TRAINING

### ▶ **PURPOSE**

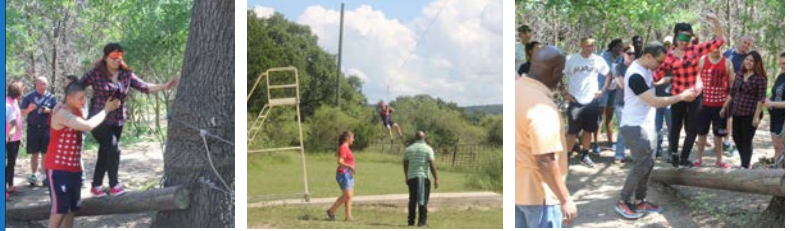
To assist in training and equipping couples with the skills needed to overcome adversity, bounce back from trauma, and better handle stress.

### ▶ **HISTORY**

Created in 2015, our Life Skills training was developed to augment and support the U.S. Army's Master Resiliency Training program. The training is a combination of Life Skills training along with team building exercises tailored for couples.

# Building a **STRONG** **FAMILY**<sup>™</sup>

## LIFE SKILLS TRAINING



### ▶ **APPROACH**

The Building a Strong Family<sup>™</sup> training is a combination of Life Skills training with team building exercises for couples. Our approach to the Life Skills training is 100% hands on and interactive. We do more than just utilize video presentations or lectures to deliver our Life Skills training.

### **SUCCESS**

Based on our successful Building a Strong Warrior<sup>™</sup> training, we created Building a Strong Family<sup>™</sup> training in 2015. The Building a Strong Family training utilizes the same principles, practices and exercises as our Building a Strong Warrior<sup>™</sup> training but is tailored to meet the needs and challenges of couples. Topsarge Business Solutions is now accepting requests for specialized training utilizing our Building a Strong Warrior<sup>™</sup> training practices. In the Fall of 2016, we conducted our first female only Building a Strong Warrior<sup>™</sup> training, which received rave reviews and positive feedback from the participants and the commander.

**Classes Delivered to Date: 6**  
**Students Trained: 35-couples**

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### ▶ **THE TRAINING**

**DURATION** 8 hrs

**THE LIFE SKILLS LESSONS INCLUDE:**

#### **LESSON 1**

Learn the concept of Building a Strong Family<sup>™</sup>

- Understand the concept of Building a Strong Family and how it might be applied to one's life
- Identify one's strengths

#### **LESSON 2**

Learn about ATR (adversity, thoughts and reaction)

- Discover the emotions that are triggered during a challenging event
- Realize your 'hot thoughts' when an adversity situation occurs
- Discover how adversity affects you and others
- Understand your thoughts and why you react the way you do
- Gain insight into your reactions and triggers
- Learn to regulate your reactions and process information to react appropriately

#### **LESSON 3**

Relaxation and Meditation Techniques

- Learn how to activate the body's natural relaxation response
- Practice relaxation techniques

Following the Life Skills lessons, couples engage in team building and problem solving activities including either a ropes course, a rock climbing wall or an equine-assisted program.

### ▶ **FOR MORE INFORMATION CONTACT**

**TOPSARGE BUSINESS SOLUTIONS**

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