INTEGRATED PREVENTION CLASSES



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Integrated Prevention Classes

contact <u>erica.kerin@us.af.mil</u> –or- <u>tamie.harvey.1@us.af.mil</u> to schedule today

Tier 1 & Tier 2 training: trains individuals in SAPR and Suicide Prevention, the purpose of this class is to train individuals to become designated SAPR/Suicide annual training facilitators in their squadron.

Annual required SAPR/Suicide Prevention Training

Class to certify the participant as a Resilience Training Assistant (RTA). In this class, participants learn scientifically-driven skillsets used to train alongside Master Resiliency Trainers (MRT) for unit activities and FTAC resiliency classes.

Course is considered a TDY centrally funded through Air University. Pre-Req is RTA training. Must obtain leadership endorsement. Five-day class provides students enhanced understanding and hands on application of the AF resilience program alongside peers of all ranks & professions. Distance learning is available twice per fiscal year.

Class is designed to help individuals master the art of training. Topics include creative training techniques, public speaking and the art of presentation.

Facilitator Training

Annual Training

RTA-Resiliency Training

MRT-Master Resiliency Training Creative Training Techniques

Integrated Prevention Classes

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Outlines 5 general ways that partners express and experience love, which are referred to as the love languages. Team building class that teaches Airman concepts of knowing themselves and the different ways people learn, establish personal values and conceptualize relationships.

Emotional Intelligence is a set of practical knowledge and skills that help individuals to become fluent in understanding the languages of emotions. Provides a step-by-step program to harness the power of personal and professional success. The class is offered in full and half days and can be completed in person or virtually.

In this workshop, participants learn the difference between inward and outward mindsets. They discover where they have been inward and how to turn more outward. The course if scheduled/offered by the Chapel. To inquire, contact 634-4705 or email 9rw.hc@us.af.mil

Applied Suicide Intervention Skills Training helps participants learn valuable skills in suicide intervention. The class is 2 days long and runs from 0830-1630.

5 LOVE LANGUAGES

4 LENSES

EMOTIONAL INTELLIGENCE 2.0

OUTWARD MINDSET

ASIST