



U.S. Coast Guard Alaska

# Work-Life Training Catalog

2022

**A partner in your Total Wellness journey**

*Improve  
Resiliency*

*Maintain Operational  
Readiness*

*Rebound from  
Life's Challenges*

*The Work-Life staff supports you, your unit, and your family, so you can thrive while serving with the Coast Guard.*

*This booklet lists a selection of the classes that are available.*

*Many of the skills taught by the Work-Life staff can benefit you well beyond your service years.*

*Team members are also available for consultations with commands and/or individuals.*

***How can we help you?***

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## **PHOTO CREDITS**

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BACK COVER: ATON Team Kodiak by PO1 Bradley Pigage

## **HEALTH, SAFETY AND WORK-LIFE 101**

*30 minutes*

This brief overview provides an introduction to each program of the Health, Safety & Work-Life department and how those programs can benefit Coast Guard units, members, civilians, and their families.

## **OMBUDSMAN PROGRAM**

### **Coast Guard Ombudsman Training (CGOT)**

*2 Days (16 hours)*

Participants will learn skills and information to help them serve as the designated Ombudsman for a Coast Guard command. Ombudsmen serve as a critical link between commands and families, ensuring that families can meet the challenges of a military lifestyle and that commanding officers/officers-in-charge (COs/OICs) understand the welfare of the unit's families so the unit is better prepared to meet emergency situations.

# SEXUAL ASSAULT PREVENTION, RESPONSE & RECOVERY (SAPRR)

## Bystander Intervention Training (CG BIT)

*90 minutes*

Learn to recognize the signs of inappropriate and unsafe situations and practical strategies on how to intervene safely. Information in this class is based on the history and research of bystander intervention. This workshop includes active participation in scenario-based exercises.

## SAPRR Program Overview

*30 minutes*

This brief overview introduces the USCG policy on Sexual Assault, Prevention, Response and Recovery. Participants will learn to identify sexual assault and understand reporting options and requirements.

*You may also be interested in:*

## Workforce Resilience

See description on page 4.

# FAMILY ADVOCACY PROGRAM

Please inquire about class offerings to support healthy relationships and families:

- Communication to Enhance Marriage
- Anger Management
- Healthy Relationships
- Active Parenting
- Love Languages



# TRANSITION AND RELOCATION PROGRAM (TRM)

## Transition Goals, Plans Success (TGPS/TAPS)

5 days (40 hours)

TGPS is an outcome-based, multi-part curriculum with standardized learning objectives, that prepares Service members transitioning to civilian life by building skills and helping to meet essential Career Readiness Standards. Class registration is available to those separating from military service within 12 months, or to those retiring from service within 24 months.

**Pre-requisite:** Pre-Separation Counseling, contact TRM to schedule.

## Additional Transition Workshops

In addition to the Transition GPS Core Curriculum, three optional 2-day workshops assist members with their post-transition goals:

- *Managing Your Education*
- *Career Technical Training*
- *Boots 2 Business*

## Managing Your Education

2 Days (16 hours)

Members who plan to further their education after military service will prepare for college life by learning about researching schools, applications, financial assistance, transferring credits, and more.

## Career Technical Training

2 Days (16 hours)

For members who plan to pursue technical careers, this workshop offers individual career exploration, as well as tools to identify skills, increase awareness of training and credentialing programs, and developing an action plan to achieve goals.

## Boots 2 Business (Entrepreneurship)

2 Days (16 hours)

This track is an introduction to small business. It explores the personal side of entrepreneurship as well as covering the development of a business plan and discovering potential sources of capital and financing.

# PERSONAL FINANCIAL MANAGEMENT (PFM) PROGRAM

## Command Financial Specialist

5 days (40 hours)

Learn a full range of personal finance essentials and how to promote financial readiness at the unit. CFS's assist fellow members with questions and issues of personal finance. Available to members E-5 and above, with command designation.

## Financial Touchpoint Training

30-90 minutes

Learn just-in-time financial skills and knowledge at key points in your career and life:

- First Duty Station
- Deployment
- PCS
- Marriage, First Child or Divorce
- Promotion and Leadership
- Blended Retirement: TSP Vesting, Continuation Pay

## Personal Finance Topics

30-90 minutes

Over 25 topics are available, including: TSP, Credit & Debt, Saving Investing, Budgeting, Survivor Benefits Plan, Home Buying, Insurance and more.

# IMAGINE A BETTER YOU.

Confidential resources, referrals and counseling at no cost to you.

Active Duty, Selected Reservists, Civilians and their family are eligible for **CGSUPRT** services.

- ✓ Family, Marital & Relationships
- ✓ Work-Life Balance
- ✓ Financial Wellness
- ✓ Legal Inquiries
- ✓ Childcare Referrals
- ✓ Eldercare Referrals
- ✓ Health Coaching
- ✓ Substance Abuse
- ✓ Personal Stressors
- ✓ Education & Career Counseling
- ✓ Building Resiliency
- ✓ Operational/Work-Related Stress



**CG SUPRT**

24/7

855-CG-SUPRT

(855-247-8778)

[WWW.CGSPURT.COM](http://WWW.CGSPURT.COM)

# EMPLOYEE ASSISTANCE PROGRAM

## Operational Stress Control

*24 hours (3 days)*

Strengthen your resiliency by understanding the impact of stress on optimal performance, and learn to balance the two. Learn an evidence-based model that enhances critical communications involving stress and reinforces asking for help and giving help.

The 10 modules are also available as stand-alone classes:

- Stress & Resilience
- Mindfulness
- Valued Living
- Emotional Intelligence
- Flexible Thinking
- Healthy Behaviors
- Problem Solving
- Operational Stress First Aid
- Core Leader Functions
- Buddy Care
- Unit Assessment
- Stress-o-Meter

## mPEAK: Mindful Performance, Enhanced Awareness and Knowledge

*20 Hours*

*(2.5 hours per week for 8 weeks)*

This intensive course in mindfulness training is for those who seek to draw upon proven practices to achieve goals and reach new levels of performance and success. This cutting-edge training program is built around the latest brain research related to peak performance, resilience, focus, and flow that includes mindfulness meditation, positive psychology, neuroscience, and group coaching.

## Workforce Resilience

*90 minutes*

In this class, learn about resilience and why it is so important in the workplace. Participants will learn to identify the common characteristics of sexual assault victims and perpetrators, and how to reduce their chances of becoming a victim. They will also learn to identify characteristics of individuals at risk for suicide, and identify resources to support both victims of sexual assault and individuals at risk for suicide.

## **Suicide Prevention Training**

*60 minutes*

Members of the military experience higher rates of suicide than the general population. In this class, learn to identify signs of suicidal ideation and behavior as well as healthy options and resources for responding to signs in yourself or others.

## **safeTALK**

*3 hours*

Participants in this class will learn the TALK model to identify and respond to those who may be experiencing thoughts of suicide. The goal of SafeTALK is to facilitate understanding and connect vulnerable persons to psychological first aid resources.

## **Applied Suicide Intervention Skills Training (ASIST)**

*2 days (16 hours)*

In this class, participants will learn skills to help them understand the needs and assist a person who is experiencing thoughts of suicide. In addition, they will learn how to work together with other caregivers to provide life-saving resources.

## **Critical Incident Stress Management Pre-incident Training (CISM-P)**

*60 minutes*

Participants will learn to identify critical incidents and learn the history of CISM as standard of care. The class teaches how to differentiate between immediate, delayed, cumulative, and critical incident stress reactions and provide practice opportunities for stress management. In addition, the class will learn how to activate the CISM team.

## **Assisting Groups and Individuals in Crisis (GRIN)**

*3 days (24 hours)*

This class serves as the basic training for those who wish to become a Critical Incident Stress Management (CISM) team peer.

Class members will learn the core elements of psychological first aid, and a wide range of crisis intervention strategies. Understand the fundamentals of CISM and practice crisis interventions strategies, including the need for appropriate follow up after critical incidents.



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