

# EDUCATIONAL PROGRAM CATALOG

## REACHING SPECIAL OPS FAMILIES

Special Operations Forces (SOF) and their families experience military service differently than conventional military forces.

They **require resources that are aligned with SOF-unique stressors and designed with SOF character and values in mind.**

MSOF provides research-based education and training for all stakeholders in the SOF community: Service members, veterans, families, military leaders, health providers, family organizations, and other nonprofits. Together, we can improve organizational learning with unique data and tools, broaden the reach and impact of family programs and resources, and develop new initiatives and opportunities for SOF families.

### SERVICES FOR FAMILIES

- Family **workshops** to address connection, control, and competency goals under persistent stress
- **Referrals** for SOF health & well-being programs and services
- Educational/practical **resources**:
  - Meal Planning & Fitness Goals
  - SOF Kids Booklist
  - Personal & Operational Security
  - Bucket List for Well-Being
  - Moving & Packing Checklists

### SERVICES FOR SOF UNITS & LEADERS

- **Family workshops & resources customized by unit or organization**
- SOF-specific family health survey **data**
- Cultural competency **training**
- **Program evaluation** planning & execution
- Specialty **consulting** for family programs and services

*Visit us at [MSOFC.org](https://MSOFC.org) or email [home@msofc.org](mailto:home@msofc.org) to find out how we can work together to enable America's special operations warriors and families to thrive!*



# Military Special Operations Family Collaborative

## PROGRAMS FOR FAMILIES

*All MSOF workshops are regularly updated with the latest community data, customized for the specific audience, and may require additional educators or other resources to meet program needs. Please get in touch for a customized quote.*

### **SOF Family Wellness Workshop**

This workshop addresses the unique challenges experienced by SOF families. It offers spouses an evidence-based wellness assessment tool to help decipher how they are doing, and teaches skills they can put into practice to help their family thrive. This workshop can be customized to meet the needs of spouses at any level - new to SOF, experienced, or preparing for transition. Delivery options:

- In-person workshop + complementing skills training [4 hrs]
- Virtual workshop + complementing skills training [4 hrs]
- Virtual seminar without in-depth skills training [1.5 hrs]

### **Thriving at the Tip of the Spear**

This workshop is designed to help families recognize stress, provides skills training to manage stress, and emphasizes the importance of values and meaningful connections. Family members will leave with the knowledge and skills needed to thrive in the SOF lifestyle. Delivery options:

- In-person workshop [4 hrs]
- Virtual seminar, condensed [2 hrs]
- Self-study workbook [cost per print]

### **Common Pitfalls Seminar**

This seminar introduces eight common challenges experienced by special operations families that wear against individual and family well-being, and encourages the development of healthy habits and routines that help families to succeed. Options:

- In-person seminar [2 hrs]
- Virtual seminar [2 hrs]

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### **Personal Success and Celebration in SOF**

This workshop explains why it is important for all individuals and the family unit to have goals and the opportunity to achieve. We cover SOF-specific challenges to achievement and how to master OPSEC & PERSEC while still thriving. This program requires unit collaboration to align with command concerns and guidance. Spouses will receive a customized workbook to accompany the program. Delivered in-person [4 hrs].

### **Breaching the Wall: Difficult Family Conversations**

This program covers difficult conversation topics that impact SOF family success: how issues/needs get buried, communication traps, and strategies to overcome difficult topics impacted by compartmentalization and tempo. Spouses will receive a hard copy of "Difficult Conversations: How to Discuss What Matters Most" by Stone, et al. 2010 and unit-customized handouts to accompany the program. Delivery options:

- In-person seminar [4 hrs]
- Virtual seminar [4 hrs]

### **The Warrior's Table - A SOF Family Dinner Spotlight (Coming in Fall 2022)**

Members of MSOF's *Cast Iron Crew* present an engaging seminar on the importance of family dinner and how to overcome the challenges that are unique to special operations but experienced by us all. Participants will receive a copy of "The Warrior's Table: Recipes that Cultivate Connection through War, Change, and Uncertainty." Delivered in-person with accompanying food demonstration [2 hrs].

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### THRIVING IN SOF: COUPLES RETREAT

This program is designed to be a 2-day event, where Day 1 engages spouses and Day 2 engages couples in active learning and skills application. Hotel, catered meals, and childcare are suggested, but not included as part of our services.

#### Day 1 - SOF Spouses: Warrior Families

This 4-hr program will discuss the unique stresses commonly experienced by SOF couples and families. We will address how challenges change over time in special operations, why it is important to support one another wherever they are in the SOF career, and strategies to stay connected and support yourself and others. Each spouse will receive a Thriving gift box. Catered dinner suggested.\* [4 hrs]

#### Day 2 - SOF Couples Day

Couples day educational programming will cover the needs of all individuals and the family unit, communication challenges, and habits of strong families. Couples will be presented with activity challenges to grapple with, and will leave equipped with the skills to strengthen family connections. Suggested itinerary:

- Couples Breakfast, catered\*
- Different not Special: Unique aspects of the SOF lifestyle [1.5 hrs]
- Breaching Barriers at Home: Communication tendencies and traps [1.5 hrs]
- Couples Lunch, on-the-go\*
- Couples Activity\*: Physical challenge with 3-5 social/family challenges. Suggested activities include indoor skydiving, golf, etc. [3 hrs ]
- Activity Reflection: Discuss physical/social/emotional challenges [20 min]
- SOF Tactical Family Health: Universal needs [1 hr]
- Building Better: Managing stress, gaining control, winning at home [40 min]
- Couples Dinner, off site\*

*\*Program aspects included for planning purposes, but not included as part of MSOF services*

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# PROGRAMS FOR SOF UNITS & LEADERS

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### SOF Leadership Seminar

This 2-day training seminar consists of all 8 modules described below. These modules cover critical topics and skills training that impact SOF health, performance, and leadership. Delivered in-person for an intensive, impactful leadership experience [16 hrs].

- **Toll of Service** - Experience the cumulative toll of SOF career through first-hand testimonials from veterans who have been there and the experts who help them.
- **Tactical Fitness Challenges** - Learn 8 leading indicators of a decreased SOF performance and ways to address and prevent them from within the unit.
- **The Black Box** - Understand how the persistent high stress specific to a long SOF career affect the force and family. These challenges are often cultural and missed by leaders because they are "the way things are done."
- **SOF Gaps: Different not Special** - What leaders need to know to best support and enable SOF operator health and long-term career performance.
- **Modeling Right\*** - How to model and communicate values and culture in special operations units; based on research tied to high performance and retention, and how to incorporate it as a senior leader.
- **Success: Getting Left of X\*** - Self-awareness and self-reflection are critical to maintaining the small team and family relationships that sustain high performance.
- **Untapped Leadership Moments\*** - Recognizing leadership opportunities to encourage ethical decision-making and stimulate lasting high performance over a career.
- **Leadership of the Hero's Journey\*** - Unique challenges faced by SOF leadership.

\*These modules may also be delivered as stand-alone seminars [2 hrs each]

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### **SOF Cultural Competency: The Service Member, Spouse, and Children**

This training is designed for health practitioners and other enablers who work closely with the SOF community to understand the unique needs of operators, their spouses, and their children. The training covers organizational differences between special operations and conventional forces and the **routines, attitudes, behaviors, and health challenges** that are common among the force. Offered in-person or virtual. [4 hrs]

### **SOF Common Pitfalls Train-the-Trainer Certification Program**

In this 18-month certification program, unit trainers will learn about the eight common pitfalls experienced by special operations families that wear against individual and family well-being, and how to engage families in unit-level programs to improve stability and mission performance. The program includes 14 hours of virtual instruction, up to 36 hours of on-demand consultation, trainer workbook, 18-month certification, and tactical health initiative checklists.

- Initial Training [6 hrs]
  - Common Pitfalls: What are they and how do they impact readiness?
  - Different not Special: Why do these pitfalls apply uniquely to SOF?
  - Communicating the Pitfalls: Survey data, tactics, & practical applications
- 1-Month Check-In [2 hrs]: Comparing effective strategies to implement programs
- 6-Month Refresher & Check-In [3 hrs]: Pitfall review, survey data updates
- 1-Year Refresher & Check-In [3 hrs]: Opportunities to scale programs, new challenges

**Or, contact us to develop a customized program or certification to meet your needs!**

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