

Military Special Operations Family Collaborative

EDUCATIONAL PROGRAM CATALOG

MSOFC provides research-based **well-being education and skills training** for all stakeholders in the SOF community and those who support them: 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.



We deliver our programming **virtually or in person**, via direct workshops & special events, train-the-trainer certifications, and program evaluation and mentorship. Our courses are regularly updated with the latest community data, customized for the specific audience, and may require additional educators or resources to meet program needs. Email us at home@msofc.org for a custom quote.

SKILLS TRAINING FOR FAMILIES

- **Thriving in SOF** addresses what thriving looks like for the individual and the family in the high, persistent stress environment of special ops.
- **Gaining Control** covers the most basic needs that every individual must understand and manage in order to build community and pursue their potential.
- **Knowing Where You Are** tackles how families can strategize well-being needs around planned or unplanned deployment and training demands.
- **Values and Meaning** addresses how SOF families can intentionally channel their personal, family, and unit values and beliefs as motivation to excel and thrive.
- **A Need for Routine** focuses on how SOF families can recognize and build routines (the core building blocks habit) regardless of the unpredictable nature of special ops service.
- **Tradition and Celebration** addresses how these timeless rituals help us frame and scale meaning in our lives.
- **Connecting with Intention** discusses the challenges that life in SOF poses to making meaningful connection and provides resources to intentionally build a network of support.
- **Promotive Thinking** addresses habits of thinking that lead to achievement and success, and are essential to living life fully.
- **Breaching the Wall - Difficult Conversations** covers difficult conversation topics that affect family success: how issues/needs get buried, communication traps, and strategies to overcome compartmentalization and tempo.
- **Healthy Checkpoints** help individuals understand how they can live intentionally and well in special operations using eight strategies all SOF families need to thrive.
- **Common SOF Pitfalls** is designed for leaders and seasoned families, and addresses eight well-being challenges faced by SOF families.

Email us at home@msofc.org to find out how we can work together to enable America's special operations warriors and families to thrive!

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SEMINARS FOR UNITS & ORGANIZATIONS

Seminars for units and partner organizations are virtual or in-person learning experiences that empower leaders and enablers with the information and tools to support sustainable wellness the creation of a strong SOF legacy.

SEMINARS FOR COMMUNITY LEADERS & PROVIDERS

- **Senior Leader Seminar** covers what makes SOF health, performance, and readiness needs different from other military units. Along with addressing SOF wellness peculiarities and unique research, it teaches leaders skills essential for effective communication, awareness, and successful non-SOF engagements.
- **SOF Gaps: Different not Special** addresses the unique wellness and performance needs of SOF families and service members. It specifically focuses on the different health and wellness needs of those in the SOF community due to high, sustained stress.
- **The Black Box** discusses how SOF-peculiar health and well-being needs impact the services and care available to the community – and the consequences thereof.
- **Modeling Right** addresses how senior leaders can model and communicate values and culture in special operations units, based on research tied to high performance and retention.
- **Success: Getting Left of X** covers the habits of self-awareness and self-reflection that are critical to maintaining small team and family relationships for sustained high performance.
- **Untapped Leadership Moments** teaches how to harness leadership opportunities to encourage ethical decision-making and stimulate lasting high performance over a career.
- **SOF Service Member Cultural Competency** focuses on the unique characteristics, habits, and narratives of enlisted personnel, warrant officers, and officers in special operations.
- **SOF Spouse Cultural Competency** focuses on the unique characteristics, habits, and narratives of families in special operations – and how the habits and needs of families change over time.
- **Thriving SOF Youth** couples education on the unique experiences of SOF Youth from 0-18 years old with information on the skills they need to thrive.
- **Family Success and Achievement in SOF** couples unit demands for operational security and personal security with tools and strategies that help families navigate their modern education and professional work spaces. Customized per unit security requirements.
- **Home and Away Operational Tempo Tool** teaches SOF families how to strategize around persistent deployment and training absences while focusing on fundamental needs necessary for health and success.



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