

## Military Special Operations Family Collaborative

# EDUCATIONAL PROGRAM CATALOG

MSOFC provides evidence-based education and skills training specific to special operations units/community on topics pertaining to resiliency, quality of life, and excellence in performance and leadership.

Programs can be delivered virtually, in person or hybrid via direct workshops, special events, train-the-trainer certifications, retreat programs, and program evaluation. Courses are regularly updated with community data and can be customized.



## SPECIAL OPS FAMILY PROGRAMS

### 3-4 Hour Programs

- **SOF Healthy Checkpoints** introduces new and mixed audiences to 8 strategies needed to flourish in special operations.
- **Common SOF Pitfalls** introduces seasoned SOF to strategies that combat common negative coping mechanisms that impact family, performance and transition.
- **Connecting with Intention** discusses the impact of self isolation and provides resources and strategies to build a network of support.
- **Gaining Control by Managing Stress** covers the most basic needs that every individual must grasp to manage stress and live well.
- **Valuing the Military Ethos** introduces strategies to intentionally channel personal, family, and unit values to excel and thrive.
- **Spouse Transition Seminar** engages spouses on critical topics and offers strategies to better navigate military transition.
- **Optimal Living** introduces a way to think of flourishing in special operations and provides skills training to manage stress and set goals.
- **Culinary Community Connection** focuses on strategies that connect community over shared meals.
- **Breaching the Wall** delivers effective communication strategies to counter difficult conversations common in special operations families.
- **Achievement in SOF** addresses the need for operational and personal security with tools and strategies that help navigate work spaces. \*Customized for unit.
- **Managing the Deployment/Training Cycle** combines special operations deployment cycle research and strategies that help families communicate, succeed, and connect through the distance.

[Email home@msofc.org](mailto:home@msofc.org)

# Military Special Operations Family Collaborative 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 and the creation of a strong SOF legacy.



## MILITARY LEADERS

### 3-4 Hour Programs

- **Senior Leader Seminar 1** provides research on the impact of chronic stress and exposures to special operations health, performance, and readiness needs. Includes *SOF Gaps: Different not Special* which specifically focuses on the different health and wellness needs of those in the SOF community due to high, sustained stress and why the differences are not obvious to leaders.
- **Modeling Right** addresses how leaders can model and communicate values and culture in special operations units, based on research tied to high performance and retention. This program includes *Getting Left of X* which covers the habits of self-awareness and self-reflection and *Untapped Leadership Moments* teaches how to harness leadership opportunities to encourage ethical decision-making and stimulate lasting high performance.
- **Special Topics Seminar** is a choice seminar with experts addressing hard topics like brain health, substance abuse, ethics and health, PTSD, suicide, or another wellness topic.
- **Leader Couple Checkpoints** addresses how married couples serving in a special operations leadership position should care for themselves and their formations.

## THOSE SUPPORTING SOF

### 3-4 Hour Programs

- **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.
- **Meeting the Needs of SOF Youth** provides education on the unique experiences of special operations Youth (0-18) with information on the skills they need to thrive.
- **Family Achievement in SOF** addresses the demands for operational security and personal security with tools and strategies that help families navigate modern education and professional work spaces.  
\*Customized per unit security requirements.
- **Home and Away Operational Tempo Tool** teaches special operations families how to strategize around deployment and training absences while focusing on fundamental needs necessary for health and success.

[Email home@msofc.org](mailto:home@msofc.org)

## Military Special Operations Family Collaborative

# EDUCATIONAL PROGRAM CATALOG

MSOFC provides SOF peculiar, evidence-based education and skills training on topics pertaining to resiliency, quality of life, and excellence in performance and leadership.

Programs can be delivered virtually, in person or hybrid via direct workshops, special events, train-the-trainer certifications, retreat programs, and program evaluation. Courses are regularly updated with community data and can be customized.



### SKILLS TRAINING HIGHLIGHTS

- Identifying Stress
- Managing Stress
- Goal Setting
- Pursing Goals Securely
- Building Support Systems for Success
- Awareness of Changing Needs in Deployment Cycles
- Creating Routines through Deployment/Training
- Building Connections

### RESOURCES FOR ORDER

- The Warrior's Table - A cookbook about building belonging in the special ops family - \$30 each
- You Belong Bracelet - \$30 each
- Wellness Skills Workbook (10 skills)

### ADDITIONAL TRAINING PROGRAMS

- 16 hr Retreat Program
- Train the Trainer Programs\*
- Program Evaluation or Assessment\*
- 1-2 hour programs at no/little cost\*

### FREE/PRINTABLE RESOURCES

- Recording and resources on tough health topics/interventions
- Connecting SOF: an online searchable resource directory
- MSOFC's monthly SOF Family Connection newsletter
- Meal Planning & Fitness Goals
- SOF Kids Booklist
- Bucket List for Well-Being
- Moving & Packing Checklists
- Youth Resources: deployment behaviors, articles, & more

### ADDITIONAL SME TOPICS\*

- The Warrior's Table
- TBI/PTSD
- Substance Abuse - SM/Veteran or family
- Domestic Abuse
- Suicide Prevention
- Chronic Stress
- New or Common Health Interventions

**Email for quote/more information \***

**[Email home@msofc.org](mailto:Email_home@msofc.org)**

# Military Special Operations Family Collaborative

## EDUCATIONAL PILLAR

### ABOUT OUR PROGRAMS

Our Education Pillar promotes, enables, and equips the SOF community through instruction and training in health and wellness skills to enable trust, build community, and equip networks, resources, and other support efforts. MSOFC provides evidence-based, culturally adapted, education and skills training on topics pertaining to resiliency, quality of life, and excellence in performance and leadership.



### FREQUENTLY ASKED QUESTIONS

#### **What we mean by “evidence based”?**

All programs are grounded in researched health data or wellness skills. Each program includes handouts and resources citing the literature and the philosophy grounding health information or skills training. MSOFC is conservative in data interpretation and typically relies on data from top academic outlets, government funded studies, and the National Institutes of Health.

#### **What we mean by “culturally adapted”?**

There is little research or academic work specifically about the special operations community. It is rare that MSOFC will cite special operations specific data (unless it is from a USOCOM or other government report. However, our organization takes great efforts to track and understand community trends and needs. This qualitative information is carefully adapted using strategies drawn from Conservation of Resources Theory and what is known in interdisciplinary literature regarding health communication and chronic stress environments.

#### **Who conducts the program/training?**

MSOFC has a collaborative network of trainers and other healthcare/wellness experts who conduct training for MSOFC. MSOFC prepares trainers to deliver skills training and ensures the trainer is prepared for participants in special operations.

#### **Do trainers have credentials?**

The trainer is selected by MSOFC to align with the training need (including time, date, and location). The name and credentials of the trainer are always transparent. All trainers have advanced degrees (M.Ed., Ph.D., M.D., LCSW, LPC, CASC, etc.) relevant for programs they are qualified to deliver, and each trainer is prepared for the unique needs of Special Operations Forces and their families.

#### **Does the price of training include materials and supplies?**

MSOFC provides quotes for the total cost of training. All materials are included in training. If an organization has a special request for extra or unique materials/activity, that would alter program quote.

***Email [home@msofc.org](mailto:home@msofc.org)***