

7 Habits of Highly Effective Military Families Strong Bonds Weekend Event

**Wisconsin
Army
National
Guard**

Strong Bonds events are weekend retreat-style trainings that are geared towards helping soldiers and their families develop communication and relational skills. The goal is to enhance the readiness of soldiers by providing a solid foundation in their families at home. Here is a general schedule that one can expect for a Strong Bonds weekend:

Friday Night:

6:00 PM-Registration Begins

6:30 PM-Dinner (Provided)

7:00-9:00 PM-Ice Breaker/Training Intro

Saturday:

7:30 AM-Breakfast (Provided)

8:00 AM-Training

12:00 PM-Lunch (Provided)

12:00-3:00 PM- Training

3:00 PM-Release from training for free time (Dinner voucher provided)

Sunday:

7:00 AM-Breakfast (Provided)

7:30 AM- Worship Service (Optional)

8:00-11:00 AM-Training

11:00 AM-Release

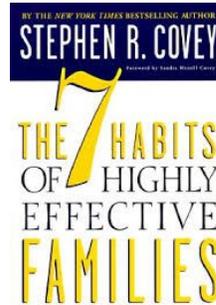
(Childcare is Available - Please provide information during registration)

The 7 Habits of Highly Effective Military Families workshop series is based on Stephen R. Covey's No. 1 bestsellers *The 7 Habits of Highly Effective People* and *The 7 Habits of Highly Effective Families*. This engaging family strengthening program has been proven successful with hundreds of families because it employs a self-discovery, principle-centered approach empowering Military Families.

Strong Families Require Work and Sacrifice: Dr. Stephen R. Covey has noted that strong families don't just happen; they require the combined energy, talent, desire, vision, and dedication of all their members. Through the processes, tools, and skills outlined in *The 7 Habits of Highly Effective Military Families* workshop series, family members will be able to gain confidence in their knowledge and ability to strengthen their own families.

Participants will learn to:

- Anticipate all phases of deployment
- Apply an "Inside-Out Approach" to problem solving and goal creation
- Resolve differences in marriage and family relationships by creatively cooperating together.
- Leverage family services available to service members.
- Build and rebuild relationships of trust and love at home with extended family.
- Abandon un-healthy behaviors. Learn speaker-listener techniques.
- Build family traditions, unity, and a "nurturing family culture."
- Individually commit to becoming a nurturing "transition person" at home and with extended family.
- Learn practical skills for dealing with financial issues.



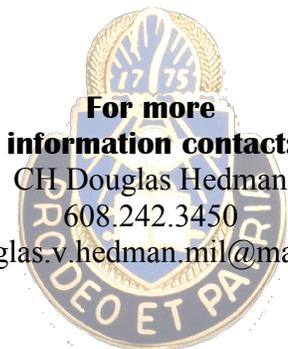
Registration Process:

**Go to
www.strongbonds.org**

- 1. Go "Events" then click "Find an Event"**
- 2. Choose "ARNG"**
- 3. Click the type of event desired**
- 4. When the site asks for credentials click cancel**
- 5. Use drop-down to find "Wisconsin"**
- 6. Click event, read details and click "Register"**

**For more
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Dates can be found on the Strong Bonds Webpage under Register