

Command Spouse Leadership Course Sample Schedule

Monday		
0730-0800	Welcome	Joint Session
0800-0915	Course Introduction	
0915-1000	Command Support Team	
1000-1115	Team Building	Joint Session w/CMC/COB Spouses
1115-1200	Mentor Session	
1200-1330	Lunch	w/Spouse
1330-1430	Social Media for Navy Families	Joint Session w/CMC/COB Spouses
1430-1530	Personal Vision	Joint Session w/CMC/COB Spouses
1530-1630	Command Tour Charter	Joint Session w/PCOs
Tuesday		
0730-0900	Values and Ethics	
0915-1045	Group Dynamics	Joint Session w/CMC/COB Spouses
1100-1145	Navy Organization	
1145-1315	Lunch	w/Spouse
1315-1415	Command Tour Couple	
1415-1515	Navy Enlisted Personnel	
1530-1730	Myer-Briggs Type Indicator (MBTI)	Joint Session
Wednesday		
0730-0900	Ombudsman & Family Readiness Group Overview	Joint Session
0915-1015	Leadership Styles	Joint Session w/CMC/COB Spouses
1030-1130	Communication Strategies	Joint Session w/CMC/COB Spouses
1130-1300	Lunch	w/Spouse
1300-1400	Mentor Session	Joint Session w/CMC/COB Spouses
1400-1445	21 st Century Sailor	Joint Session w/CMC/COB Spouses
1445-1515	Personal Visions Communicated	
1515-1600	Navy Heritage, Customs, Traditions & Ceremonies	
1600-1630	Mentor Session	
Thursday		
0730-0900	Ombudsman & Navy Family Case Studies	Joint Session
0915-1045	Navigating Personal & Operational Stress	Joint Session w/CMC/COB Spouses
1100-1200	Navy Family Resources	
1200-1300	Lunch	w/Spouse
1300-1430	Communication within the Command	Joint Session w/CMC/COB Spouses
1430-1630	Crisis Management	Joint Session w/CMC/COB Spouses
Friday		
0730-0900	Command Environments	
0915-1030	Conflict Resolution	Joint Session w/CMC/COB Spouses
1030-1145	Crisis Case Study	Joint Session w/CMC/COB Spouses
1200-1300	Wrap Up, Review and Feedback	
1300-1430	Command Tour Charter/Graduation	Joint Session w/PCOs