

**SPOUSES COURSE SCHEDULE (Virtual)
SAMPLE**

CO Welcome for Spouses and their Service Members	Monday	1100-1115
Intro		1115-1200
Team Building		1210-1240
Command Support Team		1240-1315
Navy Family Framework (OMB/FRG)		1330-1430
MBTI Debrief		1445-1545
Personal Vision		1600-1625
Tour Charter Brief for PCO Spouse and their Service Member		1625-1700
Tour Charter Brief for CMC/COB Spouse and their Service Member		1625-1700

Values, Ethics, and Optics	Tuesday	1100-1200
Group Dynamics		1215-1300
Post Tour Couples		1315-1415
Legal Resources		1430-1500
Mentor Optics Session		1510-1600

Navy Family Resources	Wednesday	1100-1200
Strategic Use of Social Media		1215-1330
Mentor Session with Mrs. Amy Smith		1345-1420
Navigating Stress		1430-1520
Command Environments		1530-1630

Communication	Thursday	1100-1220
Leadership Styles		1230-1330
CST Mentor Session		1340-1410
Emotional Survival for PCO Spouse and their Service Member		1415-1545
Emotional Survival for CMC/COB Spouse and their Service Member		1415-1545
Conflict Resolution Modes		1600-1700

Crisis Management	Friday	1100-1300
Crisis Case Study		1315-1445
Survey		1445-1500
Tour Charter Presentation All Spouses and their Service Members		1515-1550
Course Wrap-Up		1600-1630

*Times are Eastern Standard Time