

## **Workshop Descriptions**

### **Marriage Enrichment Workshop (MEW)**

One-Day MEWs are provided at no cost to uniformed service members and their spouses; and are a condensed version of MERs designed for busy couples who are unable to get away for a three-day retreat period, or unable obtain overnight childcare. It thus provides many of the same benefits and instruction but in a more streamlined format that allows couples the opportunity to tune up on the basics of healthy communication, conflict management, and emotional expression. This workshop can not accommodate children or other dependents nor is childcare provided. Parents are solely responsible for arranging childcare while away at the workshop venue. One-Day workshops can also be available to commands during pre-deployment and post-deployment periods to assist couples in remaining both marriage and mission ready.

### **Family Enrichment Workshop (FEW)**

FEWs are provided at no cost to uniformed service members and their spouses; and are a condensed version of FERs designed for families who are unable to get away for a three-day retreat period. It thus provides many of the same benefits and instruction but in a more streamlined format that allows families to tune up on the basics of healthy communication and family dynamics that foster a better sense of belonging, trust, and cohesion. One-Day workshops can also be available to commands during pre-deployment and post-deployment periods to assist couples in remaining both marriage and mission ready.

### **Personal Resiliency Workshop (PRW) Description**

PEWs are provided at no cost to individual uniformed service members; and are a condensed version of PRRs designed for individuals who are unable to get away for a three-day retreat period. This workshop is not designed to address marital topics or issues. Parents, if any, are also solely responsible for arranging childcare while away at the workshop venue. During this workshop individuals will learn to better understand themselves along with improving interpersonal communication, problem-solving skills, and positive habit formation. Furthermore, they will explore ways to align themselves more with USMC/USN core values, to build personal resiliency and to more effectively function as a team within a high-tempo environment.

### **Atomic Habits/7 Habits of Highly Effective People**

This engaging 4-hour workshop is designed to help participants understand and implement the principles of habit formation and behavior change, based on the proven strategies from *Atomic Habits*. Through interactive activities and practical tools, attendees will learn how to break bad habits, build positive routines, and create lasting change by focusing on small, incremental improvements that compound over time. The session equips individuals with actionable techniques to boost personal and professional effectiveness, resilience, and overall well-being.

This dynamic 4-hour workshop introduces participants to the timeless principles outlined in *The 7 Habits of Highly Effective People*. Focusing on personal leadership and interpersonal effectiveness, the session guides attendees through habits that foster proactivity, goal-setting, prioritization, empathy, collaboration, and continuous growth. Through reflective exercises and group discussions, participants will gain practical skills to enhance their decision-making,

communication, and productivity, ultimately empowering them to lead with integrity and achieve sustained success.

### **SafeTalk Workshop**

This impactful 4-hour SafeTALK workshop equips participants with the essential skills to recognize and respond to signs of suicide risk in others. Through engaging discussions and practical exercises, attendees learn how to identify warning signals, initiate meaningful conversations about suicide, and connect individuals to appropriate resources and support networks. SafeTALK empowers everyone to play a vital role in suicide prevention, fostering a safer and more supportive community both personally and professionally.

### **Four Lenses Personality and Temperament Workshop**

This interactive 4-hour workshop introduces participants to the Four Lenses model, a powerful framework for understanding personality and temperament differences. Through self-assessment and group activities, attendees will explore their own and others' unique communication styles, strengths, and motivations. The workshop fosters greater self-awareness, empathy, and collaboration by helping participants appreciate diverse perspectives and improve interpersonal interactions both personally and professionally.