



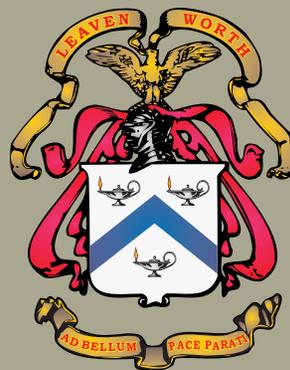
## MISSION OF THE SCHOOL FOR COMMAND PREPARATION (SCP)

SCP develops and supports U.S. Army Field Grade Commanders, Command Sergeants Majors, and spouses during war and peace across the full spectrum of operations in order to provide relevant and ready, jointly enabled teams to the Joint Force Commander



Fort Leavenworth, Kansas

U.S. Army  
Command and General Staff  
College



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United States Army Combined Arms Center

## School for Command Preparation

# SPOUSE TRAINING & EDUCATION PROGRAM

PRESENTS



Stimulating self-awareness  
while enhancing lifelong skills



United States Army Combined Arms Center



ALL SEMINARS ARE FOR CGSC ILE  
AND SAMS SPOUSES, BUT MAY  
OPEN TO OTHER SPOUSES  
ON A SPACE AVAILABLE BASIS

**NO COST!**



**Great Tools  
& Resources!**



## WHAT IS PALS?

The Personal Awareness and Leadership Seminar (PALS) is a unique, once in a lifetime opportunity offered by the Command and General Staff College (CGSC) to spouses of ILE and SAMS students.

PALS offers insight into human behaviors and dynamics that are encountered everyday. This three-day seminar focuses on assessment, values, group development, family readiness, leadership, resiliency, grief/loss, and looking ahead. Each topic is explored in a presentation, and then the participants “experience” the concept through active involvement in a structured exercise in a facilitator led small group.

SEMINARS ARE CONDUCTED IN  
CLASSROOM 254 C/D  
EISENHOWER HALL, 2ND FLOOR

## CURRICULUM WILL INCLUDE:

**Meyers-Briggs Type Indicator (MBTI)** — Develop awareness of individual personality preferences and how to apply this knowledge personally and professionally.

**Values** — Increase awareness of personal values. Exercises will increase understanding of the value programming process and emphasize the validity of individuals values.

**Group Development** — Explore the three stages of group development: inclusion, control, and openness.

**Resiliency** — Examine multiple paths for promoting resiliency and coping skills.

**Grief & Loss** — Enhance personal awareness regarding grief and loss.

**Family Readiness Groups (FRG)** — Review regulatory requirements for a FRG. Explore ideas to energize volunteers and capture ideas for a successful group.

**Leadership** — Learn ways to lead, develop, and achieve using four leadership styles.

**Looking Ahead** — What’s next?