

COMPREHENSIVE AIRMAN FITNESS DAY

DYESS AFB

28 SEPTEMBER 2012

0930-1130 RECOMMENDED SCHEDULE

Video – Resiliency-General Schwartz-Wingman Culture (1 minute)

CAF and Resiliency PowerPoint Brief (15 minutes)

Video – Air Force Resiliency Lt Col Dickey (3:8 minutes)

Discussion Questions:

1. Discussion About Resilience

- What is resiliency?
- What kind of qualities in a person help them bounce back?
- What does it mean to “focus on what we are doing right?”
- How does this mental approach impact airmen, families and the Air Force?

2. Discussion About Preparedness and Resilience

- Are preparedness and resilience linked? If so, in what ways?
- How can being prepared help an individual, family or community recover more quickly?
- What kinds of images communicate hope and resiliency? List and Discuss

3. Resiliency Skills MRT/RTA (note- If you do not have an RTA or MRT, use Alternate Resilience Slides located in Tool Kit):

- Hunt the Good Stuff
- Thinking Traps
- Assertive Communication

4. Refer to CAF Day Training Tool Kit for additional resources as needed.