## Total Force Development Council

# March Classes With A Focus on National Nutrition

#### **Register For Classes Here:**

https://cs2.eis.af.mil/sites/er/0342/SitePages/Home.aspx



#### First Term Airman Course

Location: PDC Bldg 2902 Rm 120 Date/Time: 7-11 March 0700-1600

#### Senior Noncommissioned Officer PES

Location: Roberts Maintenance Auditorium Date/Time: 8-10 March 0800-1600

#### Palace Chase/Palace Front Brief

Location: PDC Bldg 2902 Rm 120 Date/Time: 14 March 1400-1500

#### Informed Decision

Location: PDC Bldg 2902 Rm 121 Date/Time: 16 March 0730-1600

#### Keesler LEADS

Location: PDC Bldg 2902 ALS Heritage Rm Date/Time: 22-24 March 0730-1630

#### **Noncommissioned Officer PES**

Location: PDC Bldg 2902 Rm 120 Date/Time: 18-21 April 0730-1630

#### Resilience Trainer Assistant Course

Location: PDC Bldg 2902 Rm 120 Date/Time: 26-28 April 0730-1630

#### Stay Connected With Keesler CAA



https://www.facebook.com/pdckeesler

#### **Classes This Month**

#### Overcoming Difficult People

Location: Keesler PDC Bldg 2902 Rm 117

Date & Time: 15 March 11:00-12:00

We've all been there—trying valiantly to reason with an incredibly difficult person. The situation proves frustrating, maddening, and sometimes even frightening. Truth is, you can't reason with an unreasonable person. However, there are proven techniques to better manage such dicey situations. Please join FOCUS for ways to remain calm.

### DoD Skill-Bridge Program Location: Keesler PDC Bldg 2902 Rm 117

Date & Time: 16 March 11:00-12:00

Looking for your next career step after your military service? Are you within 180 days of transition? Skill-bridge is an excellent opportunity as you plan for your life after the military. Come discover opportunities to participate in training and development with industry and employers who are seeking the high-quality skills that you bring to the table.

#### Bring Your Strengths Location: Keesler PDC Bldg 2902 Rm 117 Date & Time: 17 March 11:00-12:00

Many of us focus on what is wrong with us or how we need to improve. We don't spend enough time focusing on our strengths and what is right about us. Research has shown that brining our strengths to the table helps us stay more engaged in what we do and brings a sense of meaning and purpose.



