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Navy Training launches new course, app for LifeSkills

PENSACOLA, Fla. - Naval Education and Training Command implemented a new four day LifeSkills course to address the Sailorization process and re-enforce everyday skills for Sailors beginning in April.

Supplementing the class is a "Life Skills Reach Back" mobile app now available for download.

"The class; coupled with the mobile app increases its value and reinforces our dedication to training our Sailors," said Rear Admiral Mike White, commander Naval Education and Training Command. "It's instrumental to be able to have these resources available to our Sailors and leaders."

Topics included in the both class and the mobile app are: military pay and entitlements, banking and financial management, investment and savings, nutrition and physical readiness, healthy relationships, stress management, responsible alcohol and drug use, operational risk management, hazing and fraternization, sexual assault prevention and operational security.

While the 4 day class offers face-to-face interaction taught by naval military training instructors, the mobile app reinforces the classroom delivery and provides additional information for the Sailor at their convenience.

Although the class is a requirement and taught to all new accession Sailors who have completed Recruit Training, the app can be useful for any Sailor as well as a tool for Navy family members.

“The LifeSkills app is a great way for Sailors to refresh their knowledge gained in the four day course,” said NETC Director of Training, Cmdr. Steven Bracket. “Officers and senior enlisted leaders can also benefit from the information and can use it to help mentor and support their Sailors with many of the personal challenges they face upon reaching the fleet.”

The app is a bring-your-own-device (BYOD) tool designed to work on personal devices outside of the NMCI domain. Users can download the Life Skills Reach-Back app from both Google Play and iTunes app stores at no cost.

The U.S. Navy Sea Warrior Program (PMW 240) produced the app and Tracen Technologies Inc., a company that specializes in integrated mobile and web solutions, was the software developer.

To find the free Navy Life Skills Reach-Back app, search “Life Skills” in app stores or in your Web browser.

For additional information on the Naval Education and Training Command, visit the NETC website <https://www.netc.navy.mil>.

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