

# Encompass

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Center for  
Personal and  
Professional  
Development

January 2012

Leading the Way in Sailor Development – Sailor and Family Readiness

## Message from the CO



This issue of Encompass hits a broad swath of programs and services designed to support your Sailors in "total" readiness. USMAP is an excellent program based on a partnership Navy has with Dept. of Labor, and it just makes sense to get our professionals the civilian credit for work they are already doing. For physical readiness, we are finding that a large part of our Sailor population really DOES need more education (and modeling) on proper nutrition – don't assume too much. The resources below are excellent practical tools. Lastly, I hope you have noticed that over the last 2 years we have decreased the number of required GMT topics from more than 12 to just 6. This is a very intentional effort on our part to ease the required training burden on the Fleet, and to allow Navy leadership to prioritize training requirements. The caveat is that we also de-linked the e-learning capability for GMT, and it is now required that these primary topics be delivered face-to-face, ideally with direct involvement of the command triad. The goal is timely, relevant training that is delivered with the right command influence and messaging. Despite your busy schedule, thank you for your continued effort in this regard. Fly, sail safe.

– CAPT Chuck Hollingsworth

## Personal Development



The annual [General Military Training NAVADMIN](#) released 19 DEC establishes GMT policy and emphasizes the need for command leadership involvement. Command leaders must lead by example and engage in conversations with their Sailors about the GMT topics. CPPD produced standardized training materials for commands to use, but it is the command's responsibility to take this information and engage with their local subject matter experts to build upon this training and make it as relevant as possible to their Sailors. All lesson topics have a direct impact on Sailors and their families -- and can ultimately affect mission readiness. It is extremely important that leadership stay engaged and ensure Sailors are motivated to learn and take positive steps to make good decisions regarding information in these lesson topics. GMT information is located on Navy Knowledge Online under the [Personal Development](#) Tab.

## Professional Development



Many of our Sailors start the New Year with a renewed focus on fitness and getting ready for the next Physical Fitness Assessment (PFA). However, proper attention to how many calories they take in is just as important as how many calories they burn. That is why resources like the Nutrition section of the [Navy Operational Fitness and Fueling Series \(NOFFS\)](#) and the [U.S. Department of Agriculture's "Choose My Plate"](#) Web page need to be part of your command's tool box. Helping our personnel identify healthy foods and proper portion control is important to Sailor readiness. Make sure your leadership and command fitness leaders understand both sides of the fitness equation.

## Voluntary Education



The Navy is dedicated to providing resources and benefits to active duty service members to ensure they're ready for tomorrow's challenges. The [United Services Military Apprenticeship Program \(USMAP\)](#) provides active duty Coast Guard, Marine Corps, and Navy service members the opportunity to improve their military job skills and to complete their civilian apprenticeship requirements while they are on active duty. USMAP combines on-the-job training (OJT) and related technical instruction in which participants receive practical and technical training. Industry determines the essential skills because apprenticeship is an industry-driven career program. Each apprenticeship requires from 2,000 to 10,000 work hours to complete and is broken down into skill areas with a set number of hours for each skill area. This program is free and requires no off-duty hours.

## CMC Corner

Sailor and family readiness clearly impacts overall mission readiness -- the Navy's top priority. Among the multitude of widely available resources for achieving readiness are CPPD's training products that aid the fleet in personal and professional development. Because the needs of each Sailor/family vary greatly, each individual should have a personal readiness plan. However, personal readiness can best be measured by asking, "What is the standard?" This can provide a clearer picture of where you personally stand on readiness, be it uniforms, fitness, lifestyle, career, training, etc. Families also have a host of resources to assist them such as Fleet and Family Support services, NKO training, and command ombudsmen, as well as your local Navy College Office and the Virtual Education Center. Ensure Sailors know where to go to maintain their, and your, readiness.

– CMDCM Stephan Fontenet

## Quick Hits

[USMAP Navy Ratings list](#)

[NAVADMIN 332/11](#)

## Go to

[Navy Knowledge Online](#)

[Navy College Office Website](#)

[Virtual Education Center](#)

## Contact Us

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## Call us Toll-Free

[Virtual Education Center](#)  
1-877-838-1659



## Key Messages/BLUF

- ◆ GMT lessons are an opportunity for command leaders to have conversations with their units about topics that affect Sailors, their families and ultimately mission readiness.
- ◆ Exercise and fueling are both essential to overall physical fitness and Sailor readiness. Educate yourself to train and eat intelligently. It's your health...even after the Navy.
- ◆ The USMAP program provides Sailors with a path to earn a civilian apprenticeship certificate of completion that will help them hone their job skills and readiness while on active duty.

[To learn more about CPPD click here.](#)