

Navy Provides Classes for Sailor's Development

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NORFOLK (NNS) -- Center for Personal and Professional Development (CPPD) and Training Support Command (TSC) are teaming up to offer ongoing classes through which Sailors can improve their skills while becoming greater assets to their commands.

The courses help Sailors from all pay grades and ratings develop a variety of skills needed in the fleet.

"We take our first term Sailors, E-5 and below, who are not performing to the highest standards and take them through this two-week course to teach them some team building and trust building exercises," said Lt. Cmdr. Leon Higgins, officer in charge at CPPD Detachment Norfolk. "It's been pretty successful; we've had an 86 percent retention rate with Sailors that have gone through the program."

Some of the courses available include: Bearings class, drug and alcohol program advisor and command managed equal opportunity (CMEO).

Bearings is a two-week course that focuses on building upon areas such as self awareness, professional relationships, strategies for success and personal values.

"The Navy changes constantly and we get Sailors from all different aspects, and each one of our courses provide something different," said Senior Chief Navy Counselor (SW/AW/IUSS) Cynthia L. Reynolds, director of career counselor course.

Navy leadership recognizes that equal opportunity is essential to every command, and the CMEO course supports that belief. The course focuses on techniques and guidelines that Sailors in leadership positions can use to ensure every Sailor is treated fairly.

"The CMEO course is where we teach more senior Sailors to go back [to their commands] and be the equal opportunity advisor and manage the opportunity program, and to be that independent person, not associated with any particular division, which the Sailors [can] come to for any problems they need [help with]," said Reynolds.

CPPD and TSC school houses are teaming up to help Sailors all across the Navy.

"The most rewarding part is watching the students graduate and come up to me telling me they really enjoyed this class and that they really learned something here," said Aviation Support Equipment Technician 1st Class (SW/AW) Daniel Rivers, Equal Opportunity advisor.

For more information on the courses available visit www.nko.navy.mil under personal development.

For more news from Naval Education and Training command, visit www.navy.mil/local/cnet/.