

Monday		
0730-0800	Welcome	Joint Session
0800-0900	Course Introduction	
0900-1000	Team Building	
1000-1115	Command Support Team Relationships	
1115-1200	Mentor Introduction	
1200-1330	Lunch	w/Spouse
1330-1430	Navy Enlisted Personnel	
1430-1530	Personal Vision	
1530-1630	CMC/COB Tour Charter	Joint Session w/CMC/COBs
Tuesday		
0730-0900	Values and Ethics	
0915-0930	Meet and Greet with PCO Spouses	
0930-1045	Group Dynamics	Joint Session w/PCO Spouses
1045-1130	Navy Organization	
1130-1300	Lunch	w/Spouse
1300-1400	Post Tour Couple	
1400-1500	Social Media for Navy Families	Joint Session w/PCO Spouses
1500-1530	Mentor Session	
1530-1730	Myers-Briggs Type Indicator (MBTI)	Joint Session
Wednesday		
0800-1000	Ombudsman Program & Case Studies	Joint Session
1015-1130	Personal & Operation Stress Management	Joint Session w/PCO Spouses
1130-1300	Lunch	w/Spouse
1300-1345	Total Force	Joint Session w/PCO Spouses
1345-1415	Individual Augmentee Family Support	Joint Session w/PCO Spouses
1415-1445	Navy Heritage	
1445-1530	Chief Petty Officer Induction	
1530-1700	Exercise/Mentor Session	
Thursday		
0730-0900	Command Support for the Navy Family	Joint Session
0915-1015	Situational Leadership	Joint Session w/PCO Spouses
1015-1100	Communication Strategies	
1100-1200	Navy Family Resources	Joint Session with CMC/COBs
1200-1300	Lunch	w/Spouse
1300-1330	CO Spouse Q&A	
1330-1430	Communication within the Command	Joint Session w/PCO Spouses
1430-1630	Crisis Management	Joint Session w/PCO Spouses
Friday		
0730-0900	Mentor Session	
0930-1045	Crisis Case Study	Joint Session w/PCO Spouses
1100-1145	Conflict Resolution	
1145-1215	Command Environments	
1215-1300	Wrap Up, Review and Feedback	
1300-1530	CMC/COB Tour Charter/Graduation	Joint Session w/CMC/COBs