

# Army Family Team Building



## U.S. Army Garrison-Miami Miami, Florida



# Army Family Team Building

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## Army Family Team Building Program Manager

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# Army Family Team Building



## Legend

- The three people
- The bald eagle
- The double bands
- The scroll
- The golden wreath

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## What is AFTB?

A series of training modules taught through your local Family Program office that covers topics such as basic information about the Army, personal growth skills and leadership skills.

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AFTB improves personal and Family preparedness which enhances overall readiness and helps America's military adapt to a changing world.

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## Mission

The AFTB Program mission is to educate and empower members of the military community to develop skills and Encourage behaviors that strengthen self-reliance, promote retention and enhance readiness.

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## Background

- Direct result of lessons learned from Operation Desert Storm and Desert Shield
- The principles of partnership, wellness and a sense of community are hallmarks in the relationship of the Army with its Families

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## Background

- A need for education promoting self-reliance that reaches young Army spouses, spouses new to the Army, as well as those with experience in the Army lifestyle



## Background

- AFTB Program was developed and has evolved as the primary program to meet the educational needs of Army spouses and Family members and to provide them with the skills and knowledge to enhance family readiness

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## Background

- The basic philosophy is that individuals can function at a high level in any situation with minimal support when they have been appropriately trained

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## Eligibility

Family members of:

- Active Army
- Army National Guard and Reserve
- Department of the Army civilians
- Retirees
- Soldiers
- ID cardholders of other military services

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## AFTB Level 1

For families new to the military

- Learn about military life
- Military acronyms
- Utilize community resource
- Attain better financial readiness
- Understand the goal of the military mission on daily life

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## AFTB Level II

- For emerging leaders within the military community
- Communication skills
- Personal relationships
- Stress management skills
- Problem solving
- Resolution of personal conflict



## AFTB Level III

Experienced Family Members who may assume leadership roles

- Expand leadership skills
- Effective communication techniques
- Learn to mentor others into leadership positions

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## Online Training

[www.myarmyonesource.com](http://www.myarmyonesource.com)

Register on the website for access  
to all AFTB online classes

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# QUESTIONS