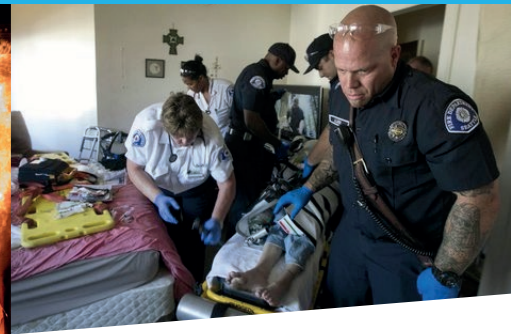


STRONGER FAMILIES AT A GLANCE



Stronger Families at a Glance

Stronger Families is a non-profit organization that exists to bring relationship skills to our nation's heroes so they can be strong and thrive at home and at work. Our program is called "OXYGEN For Your Relationships," and over 55,000 participants have gone through the program. For more information, please contact our First Responders Director, Tim Sears, at tim.sears@strongerfamilies.org or 425-679-5671 EXT 701.

FIRST RESPONDER'S WEEKEND RETREAT

The OXYGEN Weekend Retreat exists to give your First Responders 2 days to relax with their spouse/partner while getting stronger in their relationship.

- 2 Days, 1 Night
- Various Locations across the country each year
- 4 Sessions from the OXYGEN Curriculum
- Free Coaching / Counseling
- Time together to Relax
- Price: \$150 per couple
- Includes lodging, materials, 2 meals

BLOCK TRAINING CERTIFICATION

Upon completion of this certification, your Dept. Facilitators will be equipped to deliver or request Wellness Block Trainings for your personnel. Cost is \$150 per certification (plus travel, if applicable). Topics:

- Leading From Your Strengths
- Understanding Differences
- Navigating Transitions
- Appreciation Styles for the Workplace
- Building Effective Communication
- Resolving Conflict In The Workplace



WELLNESS TRAINING - HOME

These 90-minute trainings are offered live, in-person or virtually. They are facilitated by Stronger Families master level trainers or by certified personnel from your department.

The "Home" focus means the curriculum will be applied to help your people thrive at home. A First Responder that has a healthy home-life will show up to work ready to perform at their highest level, while those with a rocky home-life will tend to be distracted and on edge.

To see a list of topics, see the block above regarding certifications.

WELLNESS BLOCK TRAINING - WORK

These are 90-minute blocks of training offered live, either in-person or virtually. Any certified personnel from your agency will be able to deliver the material at your convenience, or you can request a Stronger Families trainer.

The "Work" focus means the curriculum is focused on improving how each person relates to others at work. The goal is stronger skills in Communication, Conflict Resolution, Understanding Differences, Leading from Strengths, and Navigating Transitions. The outcome is a team empowered to function together in healthy relationships.

WELLNESS BLOCK TRAINING



**STRONGER
FAMILIES**

First Responders Wellness Block Training Frequently Asked Questions

Who is Stronger Families?

We are a team dedicated to helping our Military and First Responder heroes thrive at work and at home. We are a nonprofit, faith-neutral organization that specializes in relationships. We strive for strong relationships for high-stress individuals, through live, in-person or virtual events and courses. Over 55,000 people have attended an OXYGEN event or retreat.

Why does my agency need Stronger Families?

Work related stress is finding its way home, and families are falling apart. When our First Responders are struggling at home, they can't be their best at work. A broken relationship produces an angry, bitter or distracted First Responder. Lack of intimacy and connection at home often produces the First Responder who copes in unhealthy ways, leading to poor work performance. On the flipside, a First Responder who is experiencing a strong and healthy home-life is more likely to show up at work full of inner strength, compassion, focus and readiness. This is what we seek – healthy relationships that create healthy heroes. This is why we have created SF:FR Wellness Block Trainings sessions.

Why is it called Wellness Block Training Course?

The primary purpose of a strong foundation is **to hold your house up**. A properly built foundation will keep the home even and supported. Stronger Families sees your relationships at work and at home needing a strong foundation. Each Wellness Block we give your team members the tools to create strength in their relationships at work and at home, providing a stronger foundation to build from.

What is the Objective of a Wellness Block Training Course?

To bring Wellness Block Training to your department/organization. This would address legislative initiatives, department wellness program needs, and first responder health and wellness at work and at home.

WELLNESS BLOCK TRAINING



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First Responders Wellness Block Training Frequently Asked Questions

What does a Wellness Block Training Courses look like?

Every Wellness Block Training Course is a 2-3 hr training on specific topics. Each topic is considered one block. Topics include:



Where do the Wellness Block Training Courses come from?

The program centers around a personal profile assessment that is foundational to the Wellness Block Trainings. The training, assessment, and curriculum were developed by Stronger Families President/CEO Noel and co-author Karissa Meador.

How can Wellness Block Training Courses benefit our agency?

Stronger Families can give your people tools to boost morale in your department.

With these tools, we can:

- Help build effective communication, understanding the difference between listening and hearing.
- Learn the differences between conflict that can destroy workplace relationships, and conflict that can bring collaborative communication.
- Reinforce your relationships at work by understanding how differences play a role.

WELLNESS BLOCK TRAINING



**STRONGER
FAMILIES**

First Responders Wellness Block Training Frequently Asked Questions

How do we get the Wellness Block Training Courses at our agency?

The first Wellness Block Training on **Leading From Your Strengths** is provided for free from SF:FR, and includes a first glance at the OXYGEN Personal Profile Assessment.

The remaining courses can be started in two different ways:

1. SF:FR Facilitator Lead

- SF:FR Facilitator is contracted to teach all the classes.
- This is the most expensive option to an agency but is also the most consistent.

2. SF:Train the Trainer

- SF:FR Facilitator will come in (in-person or virtually) and train your leaders. This can be your PEER Support Team, Officers, Training Division, or however you would like to facilitate the courses for your agency.
- This is the most economical way for an agency to receive the training for all their personnel.

ENDORSEMENTS AND TESTIMONIALS FOR THE WELLNESS BLOCK TRAINING:

"The 2022 WSCFF/IAFF had the honor, and wonderful opportunity, to witness the presentation 'Leading From Your Strengths', led by Stronger Families. This curriculum was greatly received by the group, and we will be having them back to share other topics that would be valuable to our members and families. Stronger Families is highly recommended to other agencies that have an interest in investing in their members/employees and their families. We look forward to further developing our relationship with Stronger Families." - Dennis J. Lawson, President, WSCFF .

"1st Responders Conference has had the opportunity to incorporate Stronger Families in our 2022 Health and Wellness Conferences. Stronger Families has acted as both presenters at several Wellness Block Trainings throughout the United States, focusing on topics such as "Leading From Your Strengths", as well as being an important resource partner.

Stronger Families has provided a valuable resource to our First Responders and have been very well received. They have received positive feedback from all of our attendees of the conferences so far this year.

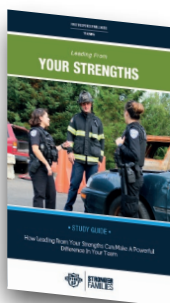
Stronger Families will be participating in even more conferences this year and I recommend other agencies to also explore what the Stronger Families program can provide for their personnel and families. We consider Stronger Families a valuable resource partner and we look forward to working with them in the future." – Shawn Thomas, Founder & CEO, 1st Responder Conferences

WELLNESS BLOCK TRAINING



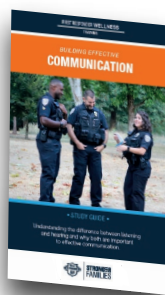
**STRONGER
FAMILIES**

First Responders Wellness Block Training Frequently Asked Questions



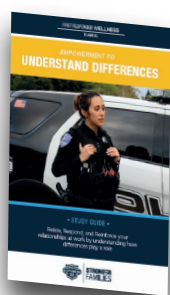
LEADING FROM YOUR STRENGTHS TRAINING

- Discover how leading from your strengths can improve team morale
- Understand how difference on a team can be an asset
- Unlock the power of 'right seat on the right bus' for the workplace



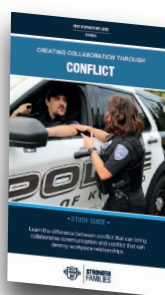
COMMUNICATION TRAINING

- Discover Differences that may be affecting your Communication
- Explore the Art of Listening
- Discuss Empathy & Tools that help people communicate effectively



UNDERSTANDING DIFFERENCES TRAINING

- Explore how to relate to people with different personalities
- Discover how to respond, relate, and reinforce those in your department
- Understand what is motivating you and those in your department



CONFLICT TRAINING

- Discover Your Conflict Persona
- Explore the Layers of Conflict & Original Emotions behind them
- Discuss Alternate Actions that turn Conflict into Collaboration



NAVIGATING TRANSITIONS TRAINING

- Discover how transitions affect us
- Explore how past strengths can get you through today's transition(s)
- Learn how to navigate life's transitions in ways that strengthen relationships communicate effectively



APPRECIATION STYLES FOR THE WORKPLACE TRAINING

- Discover Your Unique Relational Style in the Workplace
- Learn healthy ways to relate to your Team Members

OXYGEN COUPLES RETREAT



**STRONGER
FAMILIES**

STRONGER FAMILIES: FIRST RESPONDERS RETREATS FREQUENTLY ASKED QUESTIONS

Who is Stronger Families?

We are a team dedicated to helping our Military and First Responder heroes thrive at work and at home. We are a nonprofit, faith-neutral organization that specializes in relationships. We strive for strong relationships for high-stress individuals, through live, in-person and virtual events and courses. Over 55,000 people have attended an OXYGEN event or retreat.

What is the Mission Statement for Stronger Families?

To bring life-changing wellness skills to First Responders so they can improve their overall state of well-being.

Why is the cost so reasonable?

There are individuals, couples, and businesses that support the mission of Stronger Families. We also apply to companies and for grants. These people and businesses care about First Responders and your relationships, both at home and at work. These folks have donated large sums of money to offset the cost of the retreats, so that you can participate in this training at a very reasonable fee.

Is there a sales pitch, what is the catch?

There is no sales pitch. Stronger Families is a company of employees which include Military Veterans and First Responders, who know and understand the unique stressors that can affect all First Responder families. This is who we are. Relationships is what we do.

What does the retreat entail?

The retreat offers a relaxed, semi-classroom style presentation for each session. There are usually four sessions during a retreat, which include breaks and evenings off for bonding time.



**SCAN TO
WATCH VIDEO**



OXYGEN COUPLES RETREAT



**STRONGER
FAMILIES**

STRONGER FAMILIES: FIRST RESPONDERS RETREATS FREQUENTLY ASKED QUESTIONS

What makes a Stronger Families Retreat different than others (example: something offered through a local church or other organization)?

The OXYGEN material has been successfully utilized for over a decade and has uniquely catered these retreats to address the needs of First Responder families. Additionally, Stronger Families provides coaching & counseling sessions during the conference, and follow-up resources specifically vetted for First Responders.

Is there childcare?

Stronger Families believes that there are times in every relationship when you must be intentional about focusing on each other. In order to strengthen your relationship with your partner, and strengthen your family, setting aside time for this specific purpose is valuable to enable you to invest in the work and see your relationship grow. That being said, some retreats do offer childcare. If childcare is a hurdle for you, reach out to Stronger Families and we'll see if we can help offset the costs of childcare so you can attend.

I already have a good relationship. Why should I go?

No one has a PERFECT relationship. Our goal is to provide you with more tools to add to your already existing relationship toolbox. We can help make a good relationship better and give a struggling relationship a lifeline.

What if my partner cannot go?

We get it! And it's OK. We can still give you resources to help you communicate better with your partner at home, and your people at work.

What if I am not married, can I bring my current partner to the retreat?

Yes, Stronger Families wants to strengthen relationships no matter what the status of that relationship is.

Will there be counseling available at the retreat?

We communicate with the agency that hosts the retreat, and make sure there are counselors or coaches available. On-site counseling sessions are provided on a sign-up basis.

Will someone make me answer a question or read aloud?

No one will make you or your partner do/say anything you are not comfortable with. In fact, we ask that you talk to your partner before you answer a question.

What does Stronger Families feel about the current Covid-19 restrictions?

Stronger Families:First Responders will continue to monitor the guidance from the CDC and other local and state organizations regarding COVID-19, meetings and travel. We take the health and safety of our attendees, presenters, resource partners and the community seriously. Be assured our venues are doing everything to ensure a clean and safe environment.

We do not (and will never!) require vaccinations to attend. We really hope to keep the sessions in-person, and if the hosting hotel doesn't impose any restrictions, we will stay in-person. If any restrictions are imposed, it won't be from us!

SAMPLE RETREAT FLYER

YOU ARE INVITED TO A **STRONGER FAMILIES:** FIRST RESPONDER OXYGEN RETREAT

You're invited to a **STRONGER FAMILIES: FIRST RESPONDER OXYGEN** Retreat, where you can savor some moments together, recharge, get expert input, and rekindle your love during these challenging times.

This retreat includes one night at the Aleyska Resort, meals provided, childcare, free counseling, and 4 sessions from the OXYGEN Program, which has served over 50,000 from our US Military & First Responder families.

This is a great opportunity to get away together and gain some tools to make your relationship stronger!



13-14 November
11am Saturday - 3pm Sunday

Register at:
<https://firstresponderaleyska.eventbrite.com>

Cost: \$150 per Couple

INCLUDES:

- Lodging
- Meals
- Course Materials
- Personality Assessments
- Scholarships Available

YOUR SEMINAR WILL BE LED BY:

SEAN SANBERG
Stronger Families
Training Director

TOPIC HIGHLIGHTS:

- Strategies to get over the same old issues
- A better understanding of each other's needs
- Tools to resolve conflict and be heard
- Ideas to rekindle your romance
- Action plan for your relationship
- Resources for work and home

Childcare Provided
See Registration
for details

Questions?
Contact us:
events@strongerfamilies.org

REGISTER WITH
THIS QR CODE:

