

2023 OXYGEN PRICING



OXYGEN MATERIAL PRICES (FOR POST CERTIFICATION EVENTS)

Couples Curriculum	Price
<p>OXYGEN Seminar Kits (9 hours, 8 topics)</p> <ul style="list-style-type: none"> • Couples Kit 1: x2 Participant Guides, x2 OXYGEN Profile Assessments, Couple Checkup assessment, x2 Pens • Couples Kit 2: x2 Participant Guides, x2 OXYGEN Profile Assessments, x2 Pens 	<p>\$ 110 per kit/couple \$ 75 per kit/couple</p>
<p>Taste of OXYGEN (90 minutes, each topic)</p> <ul style="list-style-type: none"> • Taste of OXYGEN: x1 Topic/Guide, OXYGEN Assessment, x1 Pen • Couples Alpha Kit: x2 Topics/Guides & x1 Pen • Couples Bravo Kit: x4 Topics/Guides & x1 Pen • Couples Charlie Kit: x6 Topics/Guides & x1 Pen 	<p>\$8 per topic/person \$ 16 per kit/person \$ 24 per kit/person \$ 32 per kit/person</p>
Singles Curriculum	Price
<p>Singles/Individuals (90 minutes, each topic)</p> <ul style="list-style-type: none"> • Singles Relational Readiness: x1 Topic/Guide, OXYGEN Assessment, x1 Pen • Singles Alpha Kit: x2 Topics/Guides, OXYGEN Assessment, x1 Pen • Singles Bravo Kit: x4 Topics/Guides, OXYGEN Assessment, x1 Pen • Singles Charlie Kit: x6 Topics/Guides, OXYGEN Assessment, x1 Pen 	<p>\$15 per topic/person \$ 28 per kit/person \$ 36 per kit/person \$ 44 per kit/person</p>
Parent-Teen Curriculum	
<ul style="list-style-type: none"> • Parent-Teen Kit: x2 Parent Participant Guides, x2 Teen Participant Guides, 1 Assessment per participant 	<p>\$ 80 per family</p>
Optional Additional Resources	Price
<ul style="list-style-type: none"> • OXYGEN Profile Assessment • OXYGEN Couple Checkup (1 per COUPLE) • OXYGEN Instructor Kit (replacement add-on for facilitator) 	<p>\$ 20 per person \$ 35 per couple \$ 100 per kit</p>
<p>Stronger Families Staff Facilitators</p> <ul style="list-style-type: none"> • OXYGEN Seminar Facilitator (in-person) • OXYGEN Seminar Facilitator (Virtual) • Taste of OXYGEN Facilitator (in-person) • Taste of OXYGEN Facilitator (Virtual) 	<p>\$ 1,850 + Travel \$1,500 \$ 990 + Travel \$500</p>

Shipping is not included and will be billed at actual costs incurred. Contact us: events@strongerfamilies.org

COUPLES PROGRAMS

The OXYGEN Couples Seminar:

The OXYGEN Seminar is designed to provide opportunities to significantly improve our Service Members' ability to communicate, resolve conflict, create emotional intimacy, interact with their partners more effectively, achieve greater empathy, improve their parenting, and much more. Just like oxygen itself, this experience breathes life into relationships and catalyzes significant change and impact.



The Seminar Experience Includes:

- 8 Sessions
- Participant Guides with content, action plans, and additional resources
- The OXYGEN Profile Assessment
- The Couple Checkup Assessment (by Prepare Enrich)

The Taste of OXYGEN Series for Couples:

There are 6 "Taste of OXYGEN" workshops available. These are single-topic events, designed to be delivered individually or back-to-back. Each topic includes tools and information to help participants improve in that key relational area. Each topic is typically delivered over a 90-minute time frame, but the material is customizable to the needs of the group.



The Taste of OXYGEN Experience Includes:

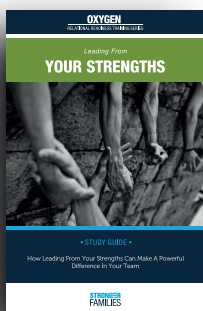
- Single-Topic Sessions
- Study Guides with content, discussion questions and action plans

SINGLES / INDIVIDUALS PROGRAMS

Overview of OXYGEN for Singles:

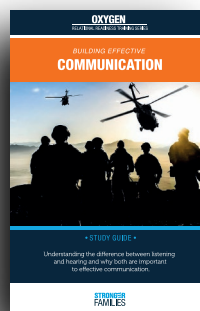
OXYGEN for Singles is a skills-based curriculum designed to promote Relational Readiness for Individual Service Members. It helps participants improve their communication, decision-making skills, increase resiliency, and achieve their goals for a variety of relationships including friends, workmates, family members, dating/partners, as well as parenting and co-parenting. Six different modular lessons and a personality assessment.

What's included:



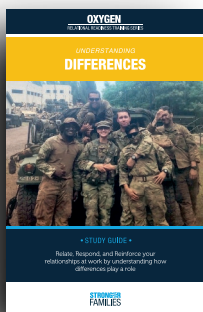
LEADING FROM YOUR STRENGTHS TRAINING

- 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



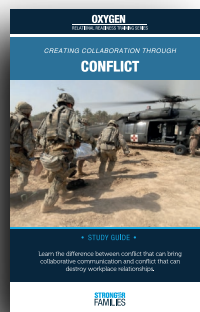
COMMUNICATION TRAINING

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



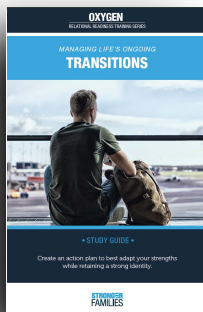
UNDERSTANDING DIFFERENCES TRAINING

- 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



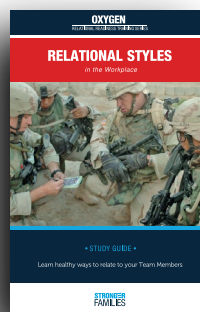
CONFLICT TRAINING

- 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



RELATIONAL STYLE FOR THE WORKPLACE TRAINING

- Discover Your Unique Relational Style in the workplace
- Learn healthy ways to relate to your Team members



FAMILY PROGRAM

OXYGEN for Families:

This Seminar is designed for Parents and their Teens. Whether it's both parents with one teen or one parent with multiple teens, the event is designed to help families build deeper connections. It uses stories, discussions, breakouts and brainstorm sessions to help parents and teens understand each other better, resolve conflict better, establish healthy boundaries, and start to deal with hurts and hangups in the relationships.



The Parent-Teen Weekend Includes:

- 6 Sessions
- Participant Guides with content, action plans, and additional resources
- The OXYGEN Profile Assessment for Parents / Teens
- x2 Stronger Families Facilitators (contact for more information)

CERTIFICATION PROGRAM

We certify Chaplains and other leaders who share our passion for strengthening relationships and serving Service Members and their families.

This 4 to 5 day training is live and is typically offered remotely. In-person certification events are available upon request..

Participants will receive training to deliver the full OXYGEN suite of curriculum, along with facilitation training, tutorials in technology platforms, event management, and more.



The Certification Training Includes:

- Program Demonstration
- Curriculum Design and Implementation Training
- Facilitation Training and Delivery Examples
- Certification to deliver the OXYGEN Curriculum Suite

For more information, please contact us:

- hello@strongerfamilies.org
- 425-679-5671 EXT 1