

# STRONGER FAMILIES AT A GLANCE



## Stronger Families at a Glance

Stronger Families is a non-profit organization that exists to bring relationship skills to First Responder and Military Personnel so they can be strong and thrive at home and at work. Our program is called "OXYGEN For Your Relationships," and over 80,000 participants have gone through the program. For more information, please contact our First Responders Director, Tim Sears, at [tim.sears@strongerfamilies.org](mailto: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

### WELLNESS CERTIFICATION

Upon completion of this certification, your Dept. Facilitators will be equipped to deliver or request Wellness Trainings for your personnel. Topics:

- Leading From Your Strengths
- Understanding Differences
- Navigating Transitions
- Relational Styles for the Workplace
- Building Effective Communication
- Bridging The Gap



### DATE NIGHTS

These 90-minute date nights are offered live, in-person or virtually. They are facilitated by Stronger Families master level trainers.

The "Date Night" 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.

### WELLNESS TRAINING

There 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 focus is on supporting your team in 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.



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## **First Responders Wellness Training Frequently Asked Questions**

### Who is Stronger Families?

We are a team dedicated to helping our Military and First Responders 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 80,000 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 **families**. This is why we have created Wellness Trainings sessions.

### Why is it called Wellness 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. Relationships at work and at home need a strong foundation. Each Wellness topic 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 Training Course?

To bring First Responder Wellness Training to departments/organizations. This would address legislative initiatives, department wellness program needs, and first responder health and wellness at work and at home.

# WELLNESS TRAINING



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## **First Responders Wellness Training Frequently Asked Questions**

### What does a Wellness Training Courses look like?

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



### Where do the Wellness Training Courses come from?

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

### How can Wellness 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.



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## ***First Responders Wellness Training Frequently Asked Questions***

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

There are a couple of ways for you to bring Wellness Training to your department:

### **1. Facilitator Lead**

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

### **2. Train the Trainer**

- 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.

# WELLNESS TRAINING



## BRIDGING THE GAP: MITIGATING THE STRESS OF RELATIONSHIPS ON THE JOB AND AT HOME.

- Learn about your unique strength to manage stressful moments on the job and at home
- Understand how transitions (both work and home) influence our ability to manage stress
- Understand the barriers to communication that most First Responders deal with in their relationship



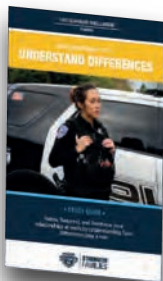
## LEADING FROM YOUR STRENGTHS TRAINING

- 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



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## **STRONGER FAMILIES: FIRST RESPONDERS RETREATS FREQUENTLY ASKED QUESTIONS**

### ***Who is Stronger Families?***

We are a team dedicated to helping our Military and First Responders 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 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



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## **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.

### ***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?***

As the teaching and the tools of the Retreat are so Couple-Focused, we require that both people are able to attend the event. So much of what we learn during the retreat is immediately applied, that to attend the event solo makes it very difficult to apply the information as a couple when you get home.

### ***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 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!

# YOU ARE INVITED TO THE SAN ANTONIO FIRST RESPONDER COUPLES RETREAT BY STRONGER FAMILIES

You're invited to a Stronger Families First Responder Couples 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 Courtyard by Marriott San Antonio Seaworld/Westover Hills Hotel, complimentary breakfast and lunch hosted by Stronger Families each day, free coaching, and all sessions from the OXYGEN Program, a national program that has served over 80,000 from our US Military & First Responder families.

Get away together and gain some tools to make your relationship stronger!



**DATES:** May 4-5, 2024

**TIME:** Sat 9am - Sun 3pm (check in 8:30)

**REGISTRATION:**

<https://FRSanAntonioApril.eventbrite.com>

**\$150 per Couple**

*Early Bird Price is  
\$150 for first 10  
registrations, after  
that price is \$299*

## 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

## Retreat includes the following:

1 Night at the Courtyard by Marriott San Antonio Seaworld/Westover Hills (Sat night)

Buffet Lunch provided daily  
Course Materials & Online Assessments, Multiple Sessions from the OXYGEN Seminar Optional in-person, Confidential Coaching

For more information, please contact Stronger Families at 425-679-5671, [events@strongerfamilies.org](mailto:events@strongerfamilies.org)

**INCLUDES:** • Lodging • Meals • Course Materials • Personality Assessments





## THE DATE NIGHT SERIES FOR COUPLES:

There are 7 "DATE NIGHT" 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. Included in these workshops are an 8 page Study Guide that will guide Facilitator through the 60 minute event.

## OXYGEN PROFILE ASSESSMENT:

We recommend the purchase of the OXYGEN Profile Assessment for all who are attending the "DATE NIGHT" workshop. The OXYGEN Assessment will help partners discover individual personality types, personal motivators, areas of satisfaction within relationships, and areas that can use more love and attention. The assessments bring great insight and additional tools to the topics of "DATE NIGHT". The assessment is purchased per individual and includes a customized report.



### UNDERSTANDING DIFFERENCES

- Explore ways to meet your partner's emotional and relational needs.
- Learn how to speak your partner's language and what makes him/her really tick.
- Apply these same principles in professional relationships.



### COMMUNICATION

- What are the personality differences in your relationship? Learn how they impact your communication.
- Cultivate good listening skills both at work and home.



### LOVE & MONEY

- Why is one a spender and one a saver? And how can they work together?
- Help them discover tools to communicate more effectively about finances, rather than ignoring the issue or getting angry.
- Help participants build a game plan that will make them healthier – both financially and relationally.



### CONFLICT RESOLUTION

- Discover your relationship's Conflict Persona.
- Explore the layers of Conflict and identify the Original Emotion behind it.
- Learn about Alternative Actions you could take to turn Conflict into Connection.



### NAVIGATING TRANSITIONS

- 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.



### LOVE STYLES

- What is your 'Love Style'? What is your partner's 'Love Style'? Learn to recognize and appreciate the expressions of love for one another.
- Identify each other's Emotional Needs – a discovery bound to move your relationship to the next level.



### BRIDGING THE GAP

- Learn about your unique strength to manage stressful moments on the job and at home.
- Understand how transitions (both work and home) influence our ability to manage stress.
- Understand the barriers to communication that most First Responders deal with in their relationship.