

Kirtland Leadership Pathways

Kirtland Leadership Pathways is open to AD Military, their Spouses, and DoD Civilians.

Learn. Grow. Explore.

WHAT IT IS AND HOW IT WORKS:

Leadership Pathways is professional and personal development for leaders of all levels.

The purpose is to increase your knowledge and ability to be a strong, resilient Wingman. The Leadership Pathways program includes voluntary classes/events/programs offered on Kirtland AFB.

If you do not see a course listed below that you would like to have considered for inclusion in Leadership Pathways course catalog, please contact Teresa Reinhard at 846-6427.

Military members and DoD civilian employees who earn 200 points in a 12 month period will be eligible for a Leadership Pathways Certificate of Accomplishment and a Leadership Pathways Coin. Family members of military personnel and NAF employees will be eligible to receive a Leadership Pathways Certificate of Accomplishment.

NEW FOR SPOUSES OF AD AF MEMBERS! Spouses of AD military members may earn 50 points for attending the First Term Airman Center (FTAC) Spouse's Orientation, Airman Leadership School (ALS) Spouse's Orientation, Heart Link, or Key Spouse Training. In addition, the spouse's AD member earns 50 points when his/her spouse attends any of the above programs. AD military members who are 377 ABW personnel may also be considered for a one-day special pass when their spouse attends one of the above programs!

STEP 1: Call the contact number, listed in each course description, to inquire about course/event date, time, location and to register. Most courses/events are open to anyone who has base access. However, a few select courses are intended for either only military members and/or DoD civilian employees or for couples, etc. Please call the contact person for clarification on who may attend.

STEP 2: Leadership Pathways students must obtain course or event attendance receipts and scan all receipts upon accruing 200 points or 500 points to Ms. Teresa Reinhard, Community Support Coordinator. She will confirm course attendance and verify points. A Leadership Pathways Coin and/or Leadership Pathways Certificate of Accomplishment will be delivered to your leadership.

Stretch Goal: Military members who are eligible will be recognized for accomplishing 500 points (about 50 hours). To earn the recognition at this level, the member must share or apply their acquired knowledge by demonstrating to their leadership a benefit to their unit. There is no time-frame requirement for accruing 500 points. In addition, 377 ABW/CC has approved a 1-day special pass for 377 ABW military members who complete 200 points and a 2-day

special pass for those military members who complete 500 points, contingent on concurrence from the military member's leadership.

Leadership Pathways Course Catalog

Certification Courses

Course/Event Name: **CPR/1st Aid Certification Course**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points

Course/Event Description: Upon successful completion of this course, participants will earn their American Red Cross CPR/1st Aid Certification for adults and children.

Course/Event Name: **Lifeguard Certification Course**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points

Course/Event Description: Complete course or recertification's are available through our courses taught by a certified Red Cross instructor.

Communication & Relationship Courses

Course/Event Name: **Anger Management**

Agency: Family Advocacy Outreach

Contact Person: Ms. Chrisan Smith

Contact Number: 846-0139

Leadership Pathways Points: 80 points

Course/Event Name: Anger Management

Course/Event Description: A 8-hour class that explains the physiology as well as the psychology of anger, the connection between thought, feeling and behavior, and helps participants learn to recognize their own anger triggers and develop strategies to manage these more effectively. Participants also learn how to use effective stress management and relaxation techniques. Offered quarterly and open to all.

Course/Event Name: **Assertiveness Training**

Agency: Family Advocacy

Contact Person: Ms. Chrisan Smith

Contact Number: 846-0139

Leadership Pathways Points: 30 points

Course/Event Description: A 3 hour workshop to learn hands-on skills for being more assertive. Participants will learn the difference between assertiveness, aggression, and passive-aggression. Techniques include how to effectively say "no," deal assertively with

work and home situations, and how to get your needs met. Using effective assertiveness skills reduces frustration, anger, and stress. Open to all.

Course/Event Name: **Effective Communication - Intro to True Colors**

Agency: A&FRF

Contact Person: Mr. Dave Kelch

Contact Number: 853-1713 or 846-0741

Leadership Pathway Points: 20 points

Course/Event Description: Discover your True Colors (personality type) to better understand yourself and improve your relationships at home, school, or work! Great tool for couples to better their relationship.

Course/Event Name: **Eldercare 101**

Agency: A&FRF

Contact Person: Mr. Dave Kelch

Contact Number: 853-1713 or 846-0741

Leadership Pathways Points: 30 points

Course/Event Description: An Eldercare 101 seminar will presented quarterly to those who are providing care to an aging relative or may provide care in the near future.

Course/Event Name: **Healthy Relationships (or How Not to Marry a Jerk/Jerkette)**

Agency: Family Advocacy Outreach

Contact Person: Ms. Chrisan Smith

Contact Number: 846-0139

Leadership Pathways Points: 80 points

Course/Event Description: This is an 8 hour class for singles who want to increase their chances of meeting the “right” person for them and learn how to NOT keep making the same mistake over and over in relationships. It is a fun, interactive class that explores dating and meeting new people, the warning signs of potentially difficult partners, identifying when someone is—or isn’t!—compatible with you, the importance of trust and reliance, and how commitment fits into the picture.

Course/Event Name: **Stress Management**

Wingman Plus Agency: Family Advocacy

Contact Person: Ms. Chrisan Smith

Contact Number: 846-0139

Leadership Pathways Points: 30 points

Course/Event Description: A 3-hour workshop to learn the basic skills of effective stress management. Participants will be able to identify the physical, mental and emotional components of stress and learn how to negate these effects. Participants will learn “healthy thinking,” relaxation, and assertiveness techniques to reduce the impact of stress in our daily lives.

Course/Event Name: **Stress Management for the Holidays**

Wingman Plus Agency: Family Advocacy

Contact Person: Ms. Chrisan Smith

Contact Number: 846-0139

Leadership Pathways Points: 15 points

Course/Event Description: A 1.5 hour class offered prior to the holiday season. The class focuses on identifying the special stressors the holidays bring and how to minimize their impact on you and the family. Skills learned include how to identify and set priorities, what to keep and what to let go of, holiday financial success, realistic and unrealistic expectations, and taking care of yourself during the season.

Course/Event Name: **Strong Bonds for Couples**

Agency: Family Advocacy Outreach

Contact Person: Ms. Chrisan Smith

Contact Number: 846-0139

Leadership Pathways Points: 120 points

Course/Event Description: Strong Bonds is a 12-hour class for couples who would like to improve their current relationship. The class covers such topics as effective communication, expectations and relationships, the importance of having fun, identifying issues and hidden issues, forgiveness, sensuality and sexuality, the military impact on relationships, and commitment.

Community Connections

Course/Event Name: **Bus Tour of Kirtland AFB**

Agency: Airman & Family Readiness Flight (A&FRF)

Contact Person: Ms. Ellen Fields

Contact Number: 853-1703

Leadership Pathways Points: 15 points

Course/Event Description: Newly arriving members can tour Kirtland AFB and find out where your resources are located?

Course/Event Name: **Heart Link (Spouse Orientation)**

Agency: A&FRF

Contact Person: Ms. Shawmarie Caudillo

Contact Number: 853-1712 or 846-0741

Leadership Pathways Points: 50 points

Course/Event Description: Heart Link is a fun way to learn about Air Force customs/traditions, benefits, entitlements, and support agencies and services on base. Open to spouses and partners of military members.

Equal Opportunity

Course/Event Name: **EO Training**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-7579

Leadership Pathways Points: 20 points

Course/Event Description: The EO lesson is 2 hours. Students will be exposed to EO topics

in the news. Emphasis of the lesson is on prevention/resolution of sexual harassment, understanding AF standards of conduct in the workplace, other aspects of EO program (race, religion, etc.) will be addressed. Any military or civilian would benefit from the training, particularly first line supervisors/work-leads. Must have 4 or more students registered to schedule a class.

Course/Event Name: **Disability Etiquette (Module 1) and Reasonable Accommodations (Module 2)**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 10 points

Course/Event Description: The training provided by the Computer Electronic Accommodation Program (CAP) provides information for employees and supervisors when working with employees and customers who have disabilities. Both modules take about 1 hour to complete.

Open to Active Duty and DoD civilian employees only. Taught via Online Training Modules (self-paced). For in-person class option, must have 4 or more students registered to schedule a class.

Financial Smarts

Course/Event Name: **Buying a Home**

Agency: A&FRF

Contact Person: Ms. Ethel Tilley

Contact Number: 853-1718 or 846-0741

Leadership Pathways Points: 25 points

Course/Event Description: Buying a home can be overwhelming, as the process can appear long and complicated. There are many decisions to make that require a great deal of research. This quarterly workshop (2.5 hours in length) will provide individuals with a basic understanding of what to expect, how to make informed decisions, and tools to navigate the entire process.

Course/Event Name: **Finance 101**

Agency: A&FRF

Contact Person: Ms. Ethel Tilley

Contact Number: 853-1713 or 846-0741

Leadership Pathways Points: 10 points

Course/Event Description: Learn budgeting tips, how to make a budget, money gobblers, and what determines your credit score and credit tips. The workshop is an hour long and worth 10 points. Open to all.

Course/Event Name: **Home Seller**

Agency: A&FRF

Contact Person: Ms. Ethel Tilley

Contact Number: 853-1718 or 846-0741

Leadership Pathways Points: 25 points

Course/Event Description: Home Seller workshop will be presented quarterly and provides information and resources to help attendees make the sale of their home a smooth and positive experience.

Course/Event Name: **Investment Planning**

Agency: A&FRF

Contact Person: Ms. Ethel Tilley

Contact Number: 853-1718 or 846-0741

Leadership Pathways Points: 10 points

Course/Event Description: Basic investment planning tips, identifying goals and objectives, and importance of having a diversified portfolio will be addressed.

Course/Event Name: **Officer First Duty Station**

Agency: A&FRF

Contact Person: Ms. Ethel Tilley

Contact Number: 853-1718 or 846-0741

Leadership Pathways Points: 10 points

Course/Event Description: A personal financial readiness workshop presented monthly to First Duty Station Officers. Topics covered include budget, credit reports, and credit management.

Course/Event Name: **Refinancing Your Home**

Agency: A&FRF

Contact Person: Ms. Ethel Tilley

Contact Number: 853-1718

Leadership Pathways Points: 25 points

Course/Event Description: This workshop will discuss the major types of mortgage refinancing and the numerous reasons to refinance a mortgage and the cost of refinancing. In addition it will provide information about the Home Affordable Refinance Program "HARP" available to homeowners.

Course/Event Name: **Plan My Move**

Agency: A&FRF

Contact Person: Ms. Ellen Fields

Contact Number: 853-1703 or 846-0741

Leadership Pathways Points: 15 points

Course/Event Description: Plan to attend if you will PCS to a new assignment location. Reservations required. Representatives from Finance, TMO, Legal, housing, and the Airman & Family Readiness Center provide information and answer questions about your government move.

Course/Event Name: **Take a Stand**

Agency: A&FRF

Contact Person: Ms. Ethel Tilley

Contact Number: 853-1718 or 846-0741

Leadership Pathways Points: 10 points

Course/Event Description: An annual workshop for youth to learn and practice personal financial skills.

Course/Event Name: **Planning For a Debt-Free Holiday**

Agency: A&FRF

Contact Person: Ms. Ethel Tilley

Contact Number: 853-1718 or 846-0741

Leadership Pathways Points: 10 points

Course/Event Description: Offered December 2015; focus will be on making a commitment to doing better, re-evaluating personal spending plan, knowing when to stop, and learning tips how to "spend smart, save smart" during the holidays.

Key Spouse

Spouses who attend Initial Key Spouse Training may earn 50 points for themselves and their active duty member. In addition, continuing Key Spouse education is worth 5 points for each course completed. Contact Ms. Shawmarie Caudillo at the Airman & Family Readiness Flight at 846-0741 for more information, including dates and times of training.

Parenting

Course/Event Name: **1-2-3 Magic (Effective Discipline for children 2-12)**

Wingman Plus Agency: Family Advocacy

Contact Person: Ms. Chrisan Smith

Contact Number: 846-0139

Leadership Pathways Points: 60 points

Course/Event Description: A four week class (1.5 hrs./class) for parents to learn the skills taught in 1-2-3 Magic and More 1-2-3 Magic videos. Participants will have the opportunity for interaction and discussion. These effective discipline techniques reduce/eliminate parental frustration, yelling, etc. Children learn quickly that consequences are immediately enforced and parents notice less misbehavior.

Course/Event Name: **Bundles for Babies**

Agency: A&FRF

Contact Person: Ms. Shawmarie Caudillo

Contact Number: 853-1712 or 846-0741

Leadership Pathways Points: 20 points

Course/Event Description: Are you ready for your baby to arrive? Bundles for Babies provides information to help parents prepare and adjust to a new baby. Each USAF active duty family will receive a gift bundle compliments of the Air Force Aid Society. Open to military members or those who have a military spouse or military partner.

Course/Event Name: **Dads 101**

Agency: Family Advocacy Outreach

Contact Person: Ms. Chrisan Smith

Contact Number: 846-0139

Leadership Pathways Points: 60 points

Course/Event Description: Dads 101 is a one day class for first time fathers. The class is fun and interactive and covers the “basics” of diapering, bathing, car seat safety with some good-natured competitions. The class also explores how to support your partner through the final trimester, expectations of fatherhood, fears and concerns, and the changes you will experience as a new family of 3 (or more?). All participants receive a copy of “What to Expect the First Year” as well as other goodies.

Course/Event Name: **Kirtland AFB Playgroup**

Agency: Family Advocacy Outreach

Contact Person: Ms. Chrisan Smith

Contact Number: 846-0139

Leadership Pathways Points: 5 points

Course/Event Description: The Kirtland AFB Playgroup, sponsored by Family Advocacy Outreach, is a free-play group that gives children 0-5 a place to play, socialize, and make friends. It supplies the same for the parents who frequently make long-lasting friendships at playgroup. The playgroup meets every Tuesday at the base chapel annex (D & 2nd Street) from 10:30-12:00. Pre-registration is NOT required. Visit us on Facebook and “The Original Kirtland AFB Playgroup”!

Course/Event Name: **Learn How to Adopt and/or Foster**

Agency: A&FRF

Contact Person: Mr. Dave Kelch

Contact Number: 853-1713 or 846-0741

Leadership Pathways Points: 20 points

Course/Event Description: A Learn How to Adopt and Foster Children Workshop will be presented quarterly to those interested in learning about the process to adopt and/or foster a child in the state of New Mexico.

Course/Event Name: **Parenting with Love and Logic**

Agency: Family Advocacy Outreach

Contact Person: Ms. Chrisan Smith

Contact Number: 846-0139

Leadership Pathways Points: 120 points

Course/Event Description: A fun and very useful parenting program that works with any age child. Love and Logic uses videos and other tools to help parents learn to put an end to arguing, back talk and begging. Parents also learn how to raise responsible kids, set limits, avoid power struggles, and help their kids learn how to solve their own problems. This class is a 12-hour class offered quarterly. Open to everyone.

Course/Event Name: **Special Needs Information Fair**

Agency: A&FRF

Contact Person: Ms. Kyshia Newsome

Contact Number: 853-1717 or 846-0741

Leadership Pathways Points: 10 points

Course/Event Description: A Resource & Information Fair. The Info Fair strives to facilitate and coordinate community support for parents, families and caregivers of children with special needs by providing information, education, support, social opportunities, referral, advocacy and other valuable services. Offered one time annually.

Course/Event Name: **Special Needs Support Group**

Agency: A&FRF

Contact Person: Ms. Kyshia Newsome

Contact Number: 853-1717 or 846-0741

Leadership Pathways Points: 20 points

Course/Event Description: A 2-hour support group. The group facilitates and coordinates community support for parents and families of children with special needs by providing information, education, support, social opportunities, referral, advocacy and other valuable services. Offered quarterly.

Course/Event Name: **Stepfamily Class**

Agency: Family Advocacy

Contact Person: Ms. Chrisan Smith

Contact Number: 846-0139

Leadership Pathways Points: 120 points

Course/Event Description: A class for people entering into a stepfamily or those who are already part of a stepfamily. Stepfamilies are different than initial families, and problems arise when the participants try to make them look/feel like an initial family. This class deals with the myths and realities of stepfamilies, “yours, mine, ours” dealing with kids, appropriate expectations, handling the relationships with exes, and many other topics specific to stepfamilies.

Physical Fitness

Course/Event Name: **AF Weight Management Class – Better Body Better Life (BBBL)**

Agency: Health Promotion

Contact Person: Staff Member

Contact Number: 846-1186

Leadership Pathways Points: 10 points per class

Course/Event Description: The BBBL class is a 5 week class meeting for one hour per week. The program is designed to help individuals seeking to lose weight and enjoy an overall healthy lifestyle. It includes general information on nutrition, physical activity and behavioral issues dealing with weight and lifestyle issues. Open to Tricare beneficiaries only.

Course/Event Name: **Tobacco Cessation Class (TCC)**

Agency: Health Promotion

Contact Person: Staff Member

Contact Number: 846-1186

Leadership Pathways Points: 30 points

Course/Event Description: The TCC is a three hour class meeting the fourth Thursday of every month. Our program covers: the dangers of tobacco use and how the participant will

gain a healthy life from quitting tobacco products, stress management skills, ways to exercise and start healthy living habits, nutrition, oral health, and how to overcome relapse and continue to live tobacco free. Open to Tricare beneficiaries only.

Resilience Courses

Course/Event Name: **From airman to Airman**

Agency: A&FRF

Contact Person: Mr. Dave Kelch

Contact Number: 853-1713 or 846-0741

Leadership Pathways Points: 20 points

Course/Event Description: Whether newly enlisted, recently commissioned or a veteran of multiple PCS moves and deployments, this session has something for you. Opportunity to interact with a retired command chief regarding success and failures over a 30 year career. Recovery from self-inflicted wounds like alcohol abuse, thoughts of suicide, anger, and other dramas along the way. Hear the resiliency measures taken to turn him from airman into Airman.

Course/Event Name: **Kirtland Talks**

Agency: Community Support Coordinator

Contact Person: Ms. Teresa Reinhard

Contact Number: 846-6427

Leadership Pathways Points: 10 - 15 points

Course/Event Description: Local leaders from the base or community present 15-18 minute talks at each session. The focus is on resiliency, from a personal perspective. Contact Ms. Teresa Reinhard if you would like to speak. Format is based loosely on the TED Talks concept.

Course/Event Name: **Resiliency/Leadership Speakers**

Agency: Community Support Coordinator

Contact Person: Ms. Teresa Reinhard

Contact Number: 8416-6427

Leadership Pathway Points: Varies, depends on the length of the program, normally 10 - 15 points.

Course/Event Description: Nationally known professional speakers are invited to speak at the base. Contact Ms. Teresa Reinhard if you know about a speaker who has a valuable message to share with our Airmen and their families. Past speakers have included Col (ret.) Lee Ellis, Kevin Hines, Dan Clark, Joe Dillon, Kyle Maynard, and Scott, Frank, & Jolene Lilley,

Course/Event Name: **Master Resilience Trainer (MRT) or Resilience Training Assistants (RTA)**

Agency: Community Support Coordinator

Contact Person: Ms. Teresa Reinhard

Contact Number: 846-6427

Leadership Pathways Points: 75 points

Course/Event Description: Completion of MRT or RTA designation (all resilience modules and graded teach-back).

Safety (Personal)

Course/Event Name: **Don't Be A Victim of Crime**

Agency: 377 SFS/Crime Prevention

Contact Person: Mr. Monte Waters

Contact Number: 853-7873

Leadership Pathways Points: 10 points

Course/Event Description: Overview of criminal activities on/off base and how you can reduce your chances of becoming a victim of crime. Open to everyone. Must have 4 or more students to schedule a class.

Special Observance Themes - Open to all who have base access. Call Ms. Juliana Astrachan at 846-5369 to inquire about dates, times, and venues for the following special observances.

Course/Event Name: **African American/Black History Month**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 15 points

Course/Event Description: Annual Observance, A Century of Black Life, History, and Culture. Authorization: Public Law 99-244. Events held 1-29 Feb.

Course/Event Name: **Asian American and Pacific Islander Heritage Month**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 15 points

Course/Event Description: Annual Observance, Asian Pacific American Events. Authorization: Title 36, U.S. Code, Section 102. Events held 1-31 May

Course/Event Name: **Hispanic Heritage Month**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 15 points

Course/Event Description: Hispanics: Annual Observance, A legacy of history, a present of action and a future of success. Authorization: Title 36, U.S. Code, Section 126. Events held 15 Sept -15 Oct.

Course/Event Name: **Holocaust Remembrance Day, Days of Remembrance**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 15 points

Course/Event Description: Annual Observance, Sponsored by United States Holocaust Memorial Museum. Public Law 69-388 and Presidential Proclamation. Events held in April.

Course/Event Name: **LGBT Pride Month**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 15 points

Course/Event Description: Annual Observance Events held 1-30 June.

Course/Event Name: **Martin Luther King's Birthday**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 15 points

Course/Event Description: Remember! Celebrate! A Day On, Not a Day Off! Authorization: Public Law 98-144. Annual Observance Events held on/about 3rd Monday of January

Course/Event Name: **National American Indian Heritage Month**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 15 points

Course/Event Description: Annual Observance Events, Native Pride and Spirit Yesterday, Today and Forever. Authorization: Public Law 102-188, Executive Order 13270 and Presidential Proclamation. Ceremonies will be held on 1-30th November.

Course/Event Name: **National Disability Employment Awareness Month**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 15 points

Course/Event Description: Annual Observance Events, Expect. Employ. Empower. U.S. Department of Labor. Authorization: Title 36, U.S. Code, Section 121. Ceremonies will be held on 1-31st October.

Course/Event Name: **Women's Equality Day**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 15 points

Course/Event Description: Celebrating Women's Right to Vote. Women's History Project. Authorization: Joint Resolution of Congress, 1971 and Presidential Proclamation. Ceremonies will be held on 26 August 2015.

Course/Event Name: **Women's History Month**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 15 points

Course/Event Description: Annual Observance Events, Weaving the Stories of Women's Lives. Authorization: Public Law 100-9. Events held 1-31 March.

Spiritual Connections

Course/Event Name: **"Faith at Work" Lunch**

Agency: Base Chapel

Contact Person: faithatwork@navigatorsabq.org

Contact Number: 846-5691

Leadership Pathways Points: 10 points

Course/Event Description: Mondays, 1145-1245 at the Mountain View Club. Cost is \$8 per person. Open to everyone.

Course/Event Name: **Family Night**

Agency: Chapel

Contact Person: Protestant Parish Coordinator

Contact Number: 846-5691

Leadership Pathways Points: 10 pts/week

Course/Event Description: Family Night begins with a dinner at 5pm in the chapel annex. Classes are offered once a week and start at 6pm. The classes have different themes from marriage enrichment to a variety of Bible studies and courses in Christian leadership.

Course/Event Name: **Military Council of Catholic Women**

Agency: Chapel

Contact Person: Ms. Betty Orlandi

Contact Number: 846-5691

Leadership Pathways Points: 20 pts/week

Course/Event Description: Join them for Bible study and mini-retreats each Thursday.

Course/Event Name: **Protestant Men of the Chapel**

Agency: Chapel

Contact Person: Chapel Staff

Contact Number: 846-5691

Leadership Pathways Points: 10 pts/week

Course/Event Description: Join them for breakfast and fellowship every Monday morning from 0630-0730. Short Bible study and prayer time is offered. Call the Chapel for location.

Course/Event Name: **Protestant Women of the Chapel**

Agency: Chapel

Contact Person: Ms. Denise Hadley

Contact Number: 846-5691

Leadership Pathways Points: 20 pts/week

Course/Event Description: Join them for fun and fellowship every Wednesday morning from 9-11:30am. There are multiple classes offered.

Spouses of Active Duty Military Members

Most courses and programs listed in this course catalog are open to spouses of Active Duty Military Members. In addition, BOTH the spouse and their military member will earn 50 points for the spouse attending the First Term Airman Course (FTAC) Orientation, Initial Key Spouse Training, and the Airman Leadership School (ALS) Orientation.

Tours and Trips

Course/Event Name: **Ski Trips**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Multiple ski trips to multiple ski areas available through ODR. Trips have a participation fee that includes the rentals if needed and transportation. You purchase your lift tickets at the resorts. Sit back and enjoy the ride to and from, then play, learn or hone your skills all day. These trips are a great way to get or stay in shape.

Course/Event Name: **Snowshoe Hikes**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: All levels are welcomed! Trip has a trip cost of \$25 and includes rentals. The moderate approx. 2 mile hike is exhilarating and beautiful. Hike usually consists of one mile hike, a break and then a nice meandering pace back to the start. Recommend good physical condition due to elevation normally being over 10K, however the trip is good for beginners to expert snowshoers. Waterproof hiking or lace up boots recommended.

Course/Event Name: **Historical Site-seeing Trips**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Join us as we explore area sites such as ruins, national monuments

and parks. These hikes range from easy to difficult. Hiking shoes or boots, dress in layers, a snack and water are all recommended.

Course/Event Name: **Rafting Trips**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Wet, wild, scenic & fun! Great for a group or singles to take a fun trip down the Rio Grande. Our rafting adventures are fun for the whole group as we run through rapids up to class III. Family note: Children must weigh at least 60 lbs. and can properly wear a personal floatation device.

Course/Event Name: **Horseback Riding Trips**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Our horseback rides are fun 1.5 hours on trails full of extraordinary scenery. Family note: Kids must be able to ride a horse alone.

Course/Event Name: **Local Attraction Trips**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Participants have the opportunity to visit local attractions with offerings such as shopping, entertainment, food and fun.

Course/Event Name: **Brew and Winery Tours**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: New Mexico is making a name for itself in the wine and beer world! We offer monthly brewery and winery tours. You must be 21 to participate.

Course/Event Name: **Climbing Adventures/Classes**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Rock climbing is a great way to challenge you physically, mentally and emotionally. Not only is it challenging, but tons of fun! ODR offers a variety of climbing trips to a variety of locations throughout New Mexico. Our classes are taught by experienced guides so you are guaranteed quality instruction, a safe experience, and small class size.

Course/Event Name: **Water sporting Trips**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: We offer kayak, canoe and stand up paddleboard trips as well as open-boating during the summer to hone your skills.

Course/Event Name: **Float Trips**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: This is a very family-friendly float trip for folks of all ages. We'll drift down approximately 5 miles of the Rio Grande through the Orilla Verde Recreation Area from Taos Junction Bridge to Quartzite. Family note: Children must be at least 60 lbs. and can properly wear a personal floatation device.

Course/Event Name: **Themed Fun Run/Walk**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Join us for an annual themed fun run. Its all about the fun like our glow run or zombie run...come dressed to match the theme and really fit in. Judges pick their favorite singles, groups, etc. All information will be added to the FSS website so you don't miss any of the festivities or events once the date and locations are set.

Course/Event Name: **Evening Bike Ride**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Join us as we ride for approximately 1-1.5 hours of easy-moderate trails around Albuquerque!

Course/Event Name: **Balloon Fiesta Trip**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: New Mexico's token event, this festival brings spectators and pilots from all over the world to engage in 10 days of fun events, fairs, fireworks, shops and rides for the whole family. ODR provides a number of shuttles to and from Balloon Fiesta, so you can relax and let us do the driving right up to the gate at Balloon Fiesta Park!

Course/Event Name: **Winter Ski Expo**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Come for the opportunity speak to area ski resort reps and take advantage of great deals on passes and rentals!

Course/Event Name: **Summer Activities Expo**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Come for the opportunity speak to area resort reps, learn what there is to do in and around ABQ and the great state of NM. Also learn how to take advantage of great deals on passes, memberships and rentals!

Course/Event Name: **ODR Climbing Gym**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Whether you are new to climbing or an experienced climber, our climbing gym is a great way to develop new skills and techniques or get in a great workout. Just \$5 for a day pass, \$40 for a 10-session punch card, or \$35 for a monthly pass. Children under 18 must be accompanied by an adult.

Course/Event Name: **Camping Trip**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Shut off the television, get out of town and have a great summer adventure. All participants will help set up camp, cook food, and take part in a number of activities!

Course/Event Name: **Pools Special Activities/Events**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Family fun nights, open and closing parties, egg dives to pumpkin races come and participate in the any of the fun activities at the pools.

Course/Event Name: **Paintball Trip**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Trip includes gear and entry pass. Gather a friend or full on group and go experience the multitude of courses. Information and full details on each trip vary slightly but keep an eye on the FSS website, ODR page for details on our calendars.

Course/Event Name: **Scuba Dive Instructional Classes**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: Ever wanted to learn to scuba, expand your scuba certifications, or just test it out to see if this is for you? Well sign up at ODR and receive deep discounts for each course or certification. Courses are through certified and experienced vendor.

Course/Event Name: **Snowshoe Hikes**

Agency: 377 FSS/FSCO (Outdoor Recreation)

Contact Person: Staff Member

Contact Number: 846-1499

Leadership Pathways Points: 10 points per trip

Course/Event Description: We offer a variety of snowshoe hikes in the winter, our most popular being at Sandia Crest. On this one mile hike we'll head to the Kiwanis Cabin built on Sandia Peak in the 1930s, stop for a hot-chocolate break and go back. This particular trip costs \$25 and includes snowshoe rental.

Veteran Benefits

Course/Event Name: **eBenefits and Vets.gov Workshop**

Agency: A&FRF

Contact Person: Mr. Robert Kunkel or Mrs. Veronica Simmons

Contact Number: 846 - 0741/0751

Leadership Pathways Points: 10 points

Course/Event Description: A 1-hour session that explains and demonstrates the capabilities of the eBenefits website and Vets.gov self-service portals. Participants also have the opportunity to learn, manage and apply for the veteran benefits they have earned for their military service. Participants are encouraged to establish their personal eBenefits account. Offered once a month and open to Veterans, Active Duty, Guard, and Reserve Service Members, and their Family Members.

Volunteering

Volunteers may earn a maximum of up to 50 points (10 points per hour) by volunteering at various organizations on the base. Volunteer positions and points earned must be validated by Chaplain Kleinschmidt at the Base Chapel or by any Community Action Team (Helping Agency) member. Call Teresa Reinhard at 846-6427 or Chaplain Kleinschmidt at 846-5691 for questions and additional information about earning LP points for volunteer activities.

Welcome to Kirtland!

Course/Event Name: **Team Kirtland Newcomers' Information Fair**

Agency: A&FRF

Contact Person: Ms. Chris Neubeck

Contact Number: 846-1644

Leadership Pathways Points: 10 points

Course/Event Description: Visit the On & Off Base Agencies' Information Tables to assist with an awareness of resources available. Mountain View Club at 1100.

Course/Event Name: **Team Kirtland Newcomers' Welcome Orientation**

Agency: A&FRF

Contact Person: Ms. Ellen Fields

Contact Number: 853-1717 or 846-0741

Leadership Pathways Points for spouses only: 60 points

Course/Event Description: Held monthly from 0715-1330 in the Mountain View Club. Reservations required. This orientation is for new DoD Personnel and their spouses to accomplish essential briefings and receive information from key agencies.

Workplace, Professional Development, and Education Skills

Course/Event Name: **"The Abilene Paradox": How to Cope with Agreement in Organizations & Avoid Groupthink**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 10 points

Course/Event Description: The Abilene Paradox asserts that work groups have just as many problems managing their agreements as they do their disagreements. This one-hour presentation will explore theories of social conformity and social thinking, which suggest that human beings often feel large disincentive to act contrary to the majority of the group. Open to all who have base access. Must have 4 or more students to schedule a class.

Course/Event Name: **Airman Professional Development Course**

Agency: 377 FSS/FSDP (Professional Development Center)

Contact Person: Career Assistance Advisor

Contact Number: 846-2640

Leadership Pathways Points: 35 points per course

Course/Event Description: The APEC is a week-long Airman Tier professional enhancement course intended to enhance an Airman's ability to lead and follow in their duty sections to better prepare them to become successful supervisors.

Course/Event Name: **Airmanship 300 Facilitator Training/ Instruction**

Agency: 377 FSS/FSDP (Professional Development Center)

Contact Person: Career Assistance Advisor

Contact Number: 846-2640

Leadership Pathways Points: 30 points for the Airmanship 300 course and an additional 50 points for facilitating one FTAC Airmanship 300 block of training.

Course/Event Description: The Airmanship 300 Facilitator training is a professional enhancement seminar (1 day course) intended to give the NCOs the tools to facilitate those blocks during FTAC classes. Open to SSgts, selects, and TSgts.

Course/Event Name: **BTZ 101**

Agency: Professional Development Center (PDC)

Contact Person: MSgt Jessica De La Mora

Contact Number: 846-2640

Leadership Pathway Points: 25 points

Course/Event Description: Designed for Airmen and supervisors to gain knowledge on what is needed to build a good BTZ package. It will also include a mock board to practice how a board will feel and to get some constructive techniques to use when your time comes, or to pass onto your subordinates.

Course/Event Name: **Bullet/1206 Writing**

Agency: Professional Development Center (PDC)

Contact Person: MSgt Jessica De La Mora

Contact Number: 846-2640

Leadership Pathway Points: 20 points

Course/Event Description: Provide members of all ranks bullet writing skills to be competitive at writing an EPR/OPR or 1206's.

Course/Event Name: **Career Technical Training Track (CTTT)**

Agency: A&FRF

Contact Person: Tom Bonnel

Contact Number: 846-0741

Leadership Pathway Points: 120 Points

Course/Event Description: This two-day workshop offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. Service members and spouses who attend this two-day workshop will complete a personalized career development assessment of occupational interest and ability. This industry-standard assessment will present workshop participants with a variety of tailored job recommendations aligned with interests and aptitudes, some of which are classified as "high demand" or "high growth" occupations. Participants will learn to utilize self-sustaining tools to narrow their career focus by establishing achievable career goals and development strategies. Workshop facilitators will guide participants through a variety of career considerations including labor market projections, education, apprenticeships, certifications, and licensure requirements.

Course/Event Name: **Combat Study Skills**

Agency: Professional Development Center (PDC)

Contact Person: MSgt Jessica De La Mora

Contact Number: 846-2640

Leadership Pathway Points: 10 points

Course/Event Description: Provide enhanced study skills/habits (CDCs, EPME, Check-ride, and WAPs).

Course/Event Name: **Commissioning Brief/Future Officers Group (FOG)**

Agency: Professional Development Center (PDC)

Contact Person: MSgt Jessica De La Mora

Contact Number: 846-2640

Leadership Pathway Points: 20 points

Course/Event Description: Mission: To provide information and mentorship to individuals interested in commissioning into the Armed Forces. Vision: Connecting potential candidates with the right resources to support them in the Armed Forces' Officer commissioning process.

Course/Event Name: **Developing Organizational Skills**

Agency: A&FRF

Contact Person: Mr. Dave Kelch

Contact Number: 853-1713 or 846-0741

Leadership Pathways Points: 10 points

Course/Event Description: Learn the benefits, how to develop, and improve your organizational skills. The workshop is an hour long and worth 10 points. Open to all.

Course/Event Name: **Dynamics of Successful Leadership**

Agency: A&FRF

Contact Person: Mr. David Kelch

Contact Number: 846-0741 or 853-1713

Leadership Pathways Points: 20 points

Course/Event Description: Learn the basics of being an effective supervisor from qualities that are needed, struggles, pitfalls that supervisors often make, and feedback from the airmen themselves.

Course/Event Name: **Effective Feedback & Strategic Writing Professional Development**

Agency: AFOTEC

Contact Person: MSgt Matthew Lamanna

Contact Number: 846-9422

Leadership Pathways Points: 20-40 points (2-4 hours)

Course/Event Description: Held monthly, or upon request from a unit. Times and locations vary but are advertised in advance and class time varies between 2-4 hours. Teaches how to conduct effective feedback as well as the science and art-form behind writing accurate and high quality bullets. Open to military, all ranks, and civilians.

Course/Event Name: **Entrepreneur Training Track**

Agency: A&FRF

Contact Person: Tom Bonnel

Contact Number: 846-0741

Leadership Pathway Points: 120 Points

Course/Event Description: Entrepreneurship and small business ownership can be a key

opportunity for service members, veterans and their spouses. This two-day workshop starts the Small Business Administration Boots to Business program. Boots to Business (B2B) is an entrepreneurial education and training program offered by the U.S. Small Business Administration (SBA) as a training track within the Department of Defense's revised Transition Assistance Program (TAP). The curriculum provides valuable assistance to transitioning Service members exploring business ownership or other self-employment opportunities by leading them through the key steps for evaluating business concepts and providing the foundational knowledge required to develop a business plan. In addition, participants are introduced to SBA resources available to help access startup capital and additional technical assistance.

Course/Event Name: **Federal Employment Assistance Workshop**

Agency: A&FRF

Contact Person: Ms. Ellen Fields

Contact Number: 853-1704 or 846-0741

Leadership Pathways Points: 20 points

Course/Event Description: Federal Employment Assistance provides information and guidance on locating and applying for federal job vacancies. Open to all personnel with base access.

Course/Event Name: **The Future Officers' Group (FOG)**

Agency: A support group that provides commissioning information and resources

Contact Individuals: SrA Elaina James & 2d Lt Allan Rodriguez

Contact Number: 846-3639 or 846-3969

Leadership Pathways Points: 10 points

Course/Event Description: The FOG is a resource to assist enlisted members, their dependents, and those interested in commissioning with the Armed Forces. The support group offers educational resources and mentorship. Monthly meetings will be the last Wednesday of the month at the Gravity Center at 4:15 pm.

Course/Event Name: **Go Team Go! Motivating Employees**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 15 points

Course/Event Description: Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it. This seminar will explore all three in the federal workforce. Open to everyone. Must have 4 or more students to schedule a class.

Course Name: Human Error: **How to Eliminate Work Injuries & Increase Productivity**

Agency: AFSEC (Air Force Safety Center)

Contact Person: SMSGt Jakob Kurtz, SEGR Branch Chief, 846-0089

Leadership Pathway Points: 30

Course/Event Description: The Human Error course is a three hour course designed to explore the depths of human error as seen in Air Force mishaps and instructs on how to uncover hidden opportunities for hazard elimination.

Course/Event Name: **Mental Health First Aid Course**

Agency: Various (58 SOW or CSC)

Contact Person: TSgt Floria or Teresa Reinhard

Contact Number: 846-3586 or 846-6427

Leadership Pathways Points: 80 points

Course/Event Description: A 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders in your community. Only a licensed professional may diagnose mental illnesses or substance abuse. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness. Studies have shown that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses. A list of all Mental Health First Aid studies and academic reviews from around the world is available <https://mhfa.com.au/research/mhfa-course-evaluations>. Participants are encouraged to bring note taking materials. Offered 1-2 times a year and open to anyone with base access.

Course/Event Name: **My Generation and Yours!**

Agency: Equal Opportunity

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-5369

Leadership Pathways Points: 10 points

Course/Event Description: Are generational differences causing workplace conflicts? This one hour seminar will explore the generations in the workplace, examine increased diversity and changing culture, preferred learning styles and communication; how to work effectively. Open to everyone. Must have 4 or more students to schedule a class.

Course/Event Name: **Non Commissioned Officer & Senior Non Commissioned Officer Professional Development Course**

Agency: 377 FSS/FSDP (Professional Development Center)

Contact Person: Career Assistance Advisor Contact Number: 846-2640

Leadership Pathways Points: 35 points per course

Course/Event Description: The NCO and SNCO PEC are week-long professional enhancement courses intended to assist newly selected TSgts or MSgts in their transition into the NCO or SNCO tier by providing an in-depth view of their increased supervisory, leadership, and managerial responsibilities.

Course/Event Name: **Resume Writing Workshop**

Agency: A&FRF

Contact Person: Ms. Ellen Fields

Contact Number: 853-1704 or 846-0741

Leadership Pathways Points: 20 points

Course/Event Description: Learn how to begin the process of writing an effective resume which will open the door to your next career opportunity.

Course/Event Name: **Retraining 101**

Agency: Professional Development Center (PDC)

Contact Person: MSgt Jessica De La Mora

Contact Number: 846-2640

Leadership Pathway Points: 15 points

Course/Event Description: Provide any and all information and questions answered in regards to retraining.

Course/Event Name: **Team Kirtland Disability Employment & Volunteer Awareness Exhibition**

Agency: A&FRF

Contact Person: Ms. Juliana Astrachan

Contact Number: 846-0741 or 846-5369

Leadership Pathways Points: 10 points

Course/Event Name: **Time Management**

Agency: A&FRF

Contact Person: Mr. David Kelch

Contact Number: 846-0741 or 853-1713

Leadership Pathways Points: 10 points

Course/Event Description: Learn the benefits of time management, how to effectively manage your time (using various tools), and overcome obstacles (of time management).

END OF LIST