

Testimonials

"The Spouse Leadership Development Course (SLDC) is a wise and accessible way to invest in yourself as a senior military spouse. This was one of the most wonderful and welcome "surprises" the military has given me in the last 1.5 decades of loving my service member. SLDC was a delightful balance of insight and information with an undercurrent of authenticity. The time allotted for the course material was highly efficient (no "hurry up and wait" here!) Unexpectedly, the course left me with renewed energy and excitement for the next chapter of military spouse life, be it two years or ten. I'm recharged and ready to go the distance with my (future) Sergeant Major Service Member!" **Sharita, Army Spouse 2024**

"Being a Marine Corps Spouse, I approached the SLDC course with a sense of uncertainty. I had no idea what to expect. The training was incredibly diverse, and I left with a vast amount of knowledge that far surpassed my initial expectations. I owe this to every individual who generously shared their expertise and resources. Their contributions made this course genuinely enjoyable. I also had the pleasure of meeting and connecting with some extraordinary senior spouses who will leave an indelible mark on my memories of Fort Bliss. I wholeheartedly encourage everyone, regardless of their branch of service, to partake in this incredible experience. I guarantee it will leave you impressed and fulfilled!" **Linda, Marine Corps Spouse 2024**

"You are not alone. #1 lesson learned from attending SLDC. I recommend this course to any senior spouse. From understanding your resources, connecting with our community to just having a moment to focus on your own development, this is the place to do it. With options ranging from in person to online and a flexible schedule designed to meet you where you are in terms of time, this course has eradicated any excuses. In addition to the course's availability - the content, positive energy and connect-ability was unexpected and personally rewarding." **Nicole, National Guard Spouse 2024**

"The SLDC is an excellent opportunity for senior military spouses who want to improve their leadership skills and personal growth. This course offers valuable resources and tools that can help enhance leadership effectiveness and build a supportive network among participants. Military spouses may encounter unique challenges, and the SLDC provides a welcoming space for connection and support, addressing potential isolation experienced within this lifestyle." **Fernanda, Veteran, Army Spouse 2024**

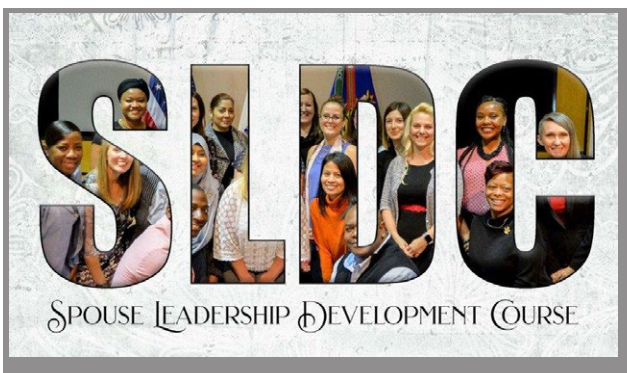
"I recommend SLDC to anyone who can attend. As an international spouse, I wanted to attend the course primarily to meet and get to know people in the same situation as me. I discovered early on that this course is more than a social event. You will be met by talented lecturers with a lot of expertise in their field. We share our experiences across borders and learn so much from each other. I also got an insight into what everyday life in the Armed Forces here in the United States is like, what rights one has and how one can support and help each other. After the course, I am left with an appreciation for having the opportunity to attend the course." **Anette, International Spouse 2024**

For More Information

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U.S. Army NCO Academy



"Resource, Not Rescue"



Our Mission

Educate senior enlisted spouses from the U.S. Army, sister services, and allied militaries to promote a team-building approach by enhancing and developing leadership skills to support readiness, morale, and a successful command.

Course Goals

Builds upon the senior spouse's basic knowledge of leadership, group dynamics, and team-building by enhancing awareness of current theories, and models of human psychology.

Encourages, and supports expression of diverse ideas, opinions, and beliefs related to current issues, and challenges facing Families regarding Army living, programs, and transformation initiatives.

Forges, and maintains strong peer support groups among senior spouses, and creates a support network to sustain progress beyond the course.

Modes of Delivery

- Face to Face
- Virtual
- Distributed Learning



Course Map

Welcome/Opening Remarks	-Ethics
SLDC Orientation	-Care Team Training
Team Building: Group Dynamics	-Marriage and the Senior Spouse
Self-Awareness (16 Personalities Test) Public	-Resilience
Speaking and Presentations	-American Red Cross
The Senior Spouse Role in the Soldier & Family Readiness Group & Deployment Discussion	-Problem Solving & Decision-Making
Leadership & the Senior Spouse	-Dress for Success
Army Overview (NCO Heritage & Education Center (Virtual Tour)	-Suicide Prevention
Protocol and Etiquette	-Healthy Eating
The Senior Spouse Overview of Army Family Programs	Sleep Connection
Senior Spouse Role in Recruiting & Thanking Volunteers	Sexual Harassment Assault Response Prevention (SHARP)
Volunteer Management Information System (VMIS)	Planning a Reception
Public Affairs/Media/Security & Social Media	After Action Review
Benefits and Entitlements: Preparing for Retirement	Senior Spouse Panel
	Guest Speakers
	Graduation

Course Scope

The Spouse Leadership Development Course is a 40-hour resident Army Training Requirements Resources System leadership support course designed for senior enlisted spouses from the U.S. Army, sister services, and allied militaries. It prepares them for leadership support positions in the military community. Major subject areas include programs in human psychology, human relations training, and leadership development. Spouses also learn healthy conflict management resolution techniques, protocol, public speaking and communication, effective listening, and team-building skills. Soldier & Family readiness group training is also part of the curriculum, and spouses also receive in-depth information about benefits and entitlements. The Spouse Leadership Development Course combines lecture, discussion, and small group experiential learning methodologies.

Registration

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“The professional face of modern military spouses has changed significantly.”



U.S. Army NCO Academy