

## Testimonials

"I highly recommend the Spouse Leadership Development Course (SLDC) to any senior spouse looking to develop their leadership skills, connect with others in their community, and take their personal and professional growth to the next level. This course provided me with numerous tools and resources to become a more effective leader. I appreciate that it created a connection and support system among the participants. As a military spouse, navigating the unique challenges and opportunities that come with this lifestyle can sometimes feel isolating. However, the course provided a welcoming space to connect with other like-minded spouses and build a support network. Thank you to the instructors and organizers for providing such a valuable and impactful experience!" **Kedeesha, Army Spouse 2023**

"This course has it all! Learning new resources, expanding your current knowledge, and collaborating with others on best practices only benefits the growth of your support to your Soldier's career and Families lifestyle. Regardless if you are a new or a seasoned spouse, active duty, reserves or National Guard say "yes" to SLDC." **Allyson, National Guard Spouse 2023**

"As an International spouse and current serving member of the Australian Defence Force, I was keen to attend the SLDC course. Although everything I was taught won't apply back home there will certainly a lot I will be taking back with me. I recommend the course to anyone that has the opportunity to attend as there are so many resources available to you (US Spouses) and it's well worth the time to understand them all. The instruction was first class and the instructors were a wealth of knowledge. The other spouses were very welcoming to the International spouses and we still get together months after the course has finished, friendships that will last from people from all over the world." **Matt, International Spouse 2023**

"I LOVED attending the Spouse Leadership Development Course (SLDC)! The program is innovative and promotes military networking with support-driven individuals from varied expertise. The stellar course offers opportunities to participate in a diverse set of activities applicable to the role of advising within SFRGs. It is as impactful as you want it to be, with professionals who can guide you to succeed. Students learn differently and at their own pace. I appreciate that all instructors were flexible and accommodating to ensure that I wasn't left behind. I can undoubtedly state that I am now thoroughly prepared to lead in the advisor role and am better prepared to counsel those in need of conflict resolution. I enthusiastically recommend this course to build self-confidence, realize the plethora of resources available, and to collaborate/network with those that have success in mind." **Heather, Army Reserve Spouse 2023**

"I served in the US Army for eight years and have been a spouse to an active-duty Service Member for an additional ten. The military is a constantly evolving organization. What was true then may not be in practice now. Courses like this are essential to gaining and maintaining knowledge we need to support our Service Members, Family, and the military. All the instructors were very personable and ready to answer any questions we had." **Cheryl, Veteran 2023**

## For More Information

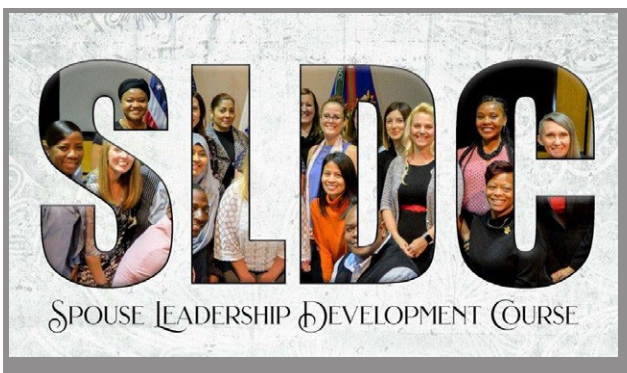
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## Mailing Address

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## Connect With Us

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## Our Mission

Educate senior enlisted spouses from the U.S. Army, sister services, and allied militaries and 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 teambuilding 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)   | Resilience  |
| Public Speaking and Presentations  | Diversity/Inclusion                                   |
| 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                                   |
| American Red Cross   | Guest Speakers  |
|  | Graduation  |

## SLDC FY 23-010 to FY 24-009

| DATES   | CLASS #            | TIME (MST)         |
|---|--------------------|--------------------|
| <b>21 AUG 2023 - 30 AUG 2023</b><br>Monday - Wednesday (8 days)<br><b>Distributed Learning (DL)</b> | <b>FY 23 - 010</b> | <b>1700 - 2200</b> |
| <b>18 SEP 2023 - 27 SEP 2023</b><br>Monday - Wednesday (8 days)                                     | <b>FY 23 - 011</b> | <b>0900 - 1400</b> |
| <b>16 OCT 2023 - 25 OCT 2023</b><br>Monday - Wednesday (8 days)                                     | <b>FY 24 - 001</b> | <b>0900 - 1400</b> |
| <b>27 NOV 2023 - 1 DEC 2023</b><br>Monday - Friday (5 days)   | <b>FY 24 - 002</b> | <b>0900 - 1700</b> |
| <b>4 DEC 2023 - 13 DEC 2023</b><br>Monday - Wednesday (8 days)                                      | <b>FY 24 - 003</b> | <b>1700 - 2200</b> |
| <b>22 JAN 2024 - 31 JAN 2024</b><br>Monday - Wednesday (8 days)<br><b>Distributed Learning (DL)</b> | <b>FY 24 - 004</b> | <b>0900 - 1400</b> |
| <b>5 FEB 2024 - 14 FEB 2024</b><br>Monday - Wednesday (8 days)                                      | <b>FY 24 - 005</b> | <b>0900 - 1400</b> |
| <b>26 FEB 2024 - 6 MAR 2024</b><br>Monday - Wednesday (8 days)                                      | <b>FY 24 - 006</b> | <b>1700 - 2200</b> |
| <b>15 APR 2024 - 24 APR 2024</b><br>Monday - Wednesday (8 days)<br><b>Distributed Learning (DL)</b> | <b>FY 24 - 007</b> | <b>1500 - 2000</b> |
| <b>13 MAY 2024 - 22 MAY 2024</b><br>Monday - Wednesday (8 days)                                     | <b>FY 24 - 008</b> | <b>0900 - 1400</b> |
| <b>28 MAY 2024 - 6 JUNE 2024</b><br>Tuesday - Thursday (8 days)                                     | <b>FY 24 - 009</b> | <b>1500 - 2000</b> |

## 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 applies a combination of lecture, discussion, and small group experiential learning methodologies.

### Examinations are not conducted in this course!

Earn your Army Spouse Learner Record with contact hours from Army University (Spouse Development Office) after completion.

Registration

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**"The professional face of modern military spouses has changed significantly."**