

Professional Development



Professional improvement made easy! Challenge yourself to be the best you can be! Select from several interactive, thought-provoking classes that will make organization, relationships, and life a breeze!

Not sure what you want to be when you grow up?

Take the Strong Interest Inventory for FREE to find out what career fields would be a perfect match for your personality, values, and skills!

SUCCESS

Military & Family Readiness Center

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M&FRC Programs

Air Force Aid Society

Air Force Spouse

AF Wounded Warrior

Career Focus

Deployment

Exceptional Family Member
Program-Family Support
(EFMP-FS)

Money Matters

Moving/PCSing

Self Development

Separation/Retirement

Volunteering



Updated January 2023

Personal and Work Life

SUCCESS

Military & Family Readiness Center

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Military and Family Readiness Center



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Hours of Operation:

Mon, Wed, Thur, Fri—0730-1630
Tue—0730-1400

www.litterock.af.mil

[www.facebook.com/
LittleRockMFRC](http://www.facebook.com/LittleRockMFRC)

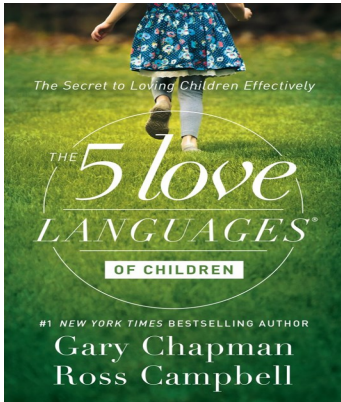


Personal and Work Life



5 Love Languages of Children

Every child has a unique way of feeling loved. When you discover your child's love language, and how to speak it, you can build a solid foundation for your child to trust you and flourish as they grow!



Find More Opportunities on Leadership Pathways!

Click on this website to register and find tons of professional development classes offered by agencies on base!

<http://www.littlerock.af.mil/Home/Leadership-pathways>

Classes That Work For You!



Time Management

- Achieve your highest priorities
- Think about time in a whole new way
- Overcome procrastination
- Get more things done in less time



Goal Setting for People Who Hate Setting Goals

- Find out how to make goals stick!
- Use the S.M.A.R.T. method to achieve your dreams!
- Avoid common pitfalls that wreak havoc on your goals.
- Find out about tools and technology to help you on your journey to success.



Know Yourself to Lead Yourself and Others!



True Colors A.K.A

“Why they act like that!”

- Fun, interactive class
- Learn how to understand and motivate others
- Improve relationships with coworkers, supervisor, spouse, and friends.

5 Voices