

FREE WORKSHOPS & CLASSES

LIFE SKILLS TRAINING & EDUCATION

For more info or to register, Call (760) 725-9052



January 2025

[5 Choices to Extraordinary](#)

[Productivity Essentials \(Virtual\)](#)

January 7-8 (0800-1200)

Virtual Class

[Real Relationships \(Virtual\)](#)

January 9 (0900-1100)

Virtual Class

[7 Habits of Highly Effective People](#)

[\(Virtual\)](#)

January 14-16 (0800-1430)

Virtual Class

[Basic Anger Management \(Virtual\)](#)

January 21 (0900-1100)

Virtual Class

[Speed of Trust Foundations \(Live\)](#)

January 22-23 (0800-1200)

*Wounded Warrior BN West
Building 27833 Commandant
Classroom*

[4 Lenses and the Agile Leader](#)

[\(Live\)](#)

January 29 (0800-1100)

*Wounded Warrior BN West
Building 27833 Commandant
Classroom*

[Leading Across Generations](#)

[\(Virtual\)](#)

January 28 (0800-1200)

Virtual Class

February 2025

[Say What? Interpersonal](#)

[Communication \(Virtual\)](#)

February 3 (0900-1100)

Virtual Class

[Conflict Management \(Virtual\)](#)

February 4 (0900-1100)

Virtual Class

[Basic Stress Management \(Virtual\)](#)

February 5 (0800-1200)

Virtual Class

[Happiness Advantage \(Live\)](#)

February 6 (0800-1100)

*Wounded Warrior BN West
Building 27833 Commandant
Classroom*

[5 Love Languages for Couples \(Virtual\)](#)

[Couples Night\)](#)

February 11 (1800-2000)

Virtual Class

[Communication & Public Speaking to](#)

[Influence \(Live\)](#)

February 12-13 (0800-1200)

*Wounded Warrior BN West
Building 27833 Commandant
Classroom*

[5 Choices to Extraordinary](#)

[Productivity Essentials \(Live\)](#)

February 19-20 (0800-1200)

*Wounded Warrior BN West
Building 27833 Commandant
Classroom*

March 2025

[Conflict Management \(Virtual\)](#)

March 4 (0900-1100)

Virtual Class

[Bridging the Generations Gap/4](#)

[Lenses and Generations \(Live\)](#)

March 5 (0800-1200)

*Wounded Warrior BN West
Building 27833 Commandant
Classroom*

[7 Habits of Highly effective People](#)

[\(Live\)](#)

March 11-13 (0800-1430)

*Wounded Warrior BN West Building
27833 Rotunda Classroom*

[5 Love Languages of Children](#)

[\(Virtual\)](#)

March 18 (0900-1100)

Virtual Class

[Attitudes and Actions \(Live\)](#)

March 19 (0900-1100)

*Wounded Warrior BN West
Building 27833 Commandant
Classroom*

[Say What? Interpersonal](#)

[Communication \(Virtual\)](#)

March 25 (0900-1100)

Virtual Class

[4 Lenses for Couples \(Virtual\)](#)

[Couples Night\)](#)

March 25 (1800-2000)

Virtual Class

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April 2025

[5 Choices to Extraordinary](#)

[Productivity Essentials \(Live\)](#)

April 2-3 (0800-1200)

Wounded Warrior BN West

Building 27833 Commandant
Classroom

[Happiness Advantage \(Virtual\)](#)

April 8 (0800-1100)

Virtual Class

[Speed of Trust Foundations](#)

[\(Virtual\)](#)

April 15-16 (0800-1200)

Virtual Class

[5 Love Languages of Children](#)

[\(Virtual\)](#)

April 22 (0900-1100)

Virtual Class

[Communication & Public Speaking](#)
[to Influence \(Careers\) \(Live\)](#)

April 23-24 (0800-1200)

Wounded Warrior BN West

Building 27833 Commandant
Classroom

[Conflict Management \(Live\)](#)

April 30 (0800-1100)

Wounded Warrior BN West

Building 27833 Commandant

May 2025

[Basic Anger Management \(Virtual\)](#)

May 1 (0900-1100)

Virtual Class

[Say What? Interpersonal](#)

[Communication \(Virtual\)](#)

May 5 (0900-1100)

Virtual Class

[Real Relationships \(Virtual\)](#)

May 8 (0900-1100)

Virtual Class

[7 Habits of Highly Effective People](#)
[\(Virtual\)](#)

May 13-15 (0800-1430)

Virtual Class

[4 Lenses and Careers \(Virtual\)](#)

May 19 (0830-1100)

Virtual Class

[Bridging the Generation Gap \(Virtual\)](#)

May 20 (0900-1200)

Virtual Class

[4 Lenses and the Agile Leader \(Live\)](#)

May 21 (0800-1100)

Wounded Warrior BN West Building

27833 Commandant Classroom

[Happiness Advantage \(Live\)](#)

May 28 (0830-1100)

Wounded Warrior BN West Building

27833 Commandant Classroom

[Extended DISC \(Virtual\)](#)

May 29 (0800-1200)

Virtual Class

June 2025

[Basic Stress Management](#)

[\(Virtual\)](#)

June 2 (0900-1100)

Virtual Class

[Real Relationships \(Virtual\)](#)

June 3 (0900-1100)

Virtual Class

[4 Lenses and Careers \(Live\)](#)

June 5 (0830-1100) Wounded

Warrior BN West 27833

Commandant Classroom

[Leading at the Speed of](#)

[Trust \(Live\)](#)

June 10-12 (0800-1430)

Wounded Warrior BN West

27833 Rotunda Classroom

[5 Choices to Extraordinary](#)

[Productivity Essentials](#)

June 17-18 (0800-1200)

Virtual Class

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July 2025

[5 Love Languages of Children \(Virtual\)](#)

July 2 (0900-1100)

Virtual Class

[Bridging the Generation Gap \(Virtual\)](#)

July 8 (0900-1100)

Virtual Class

[Conflict Management \(Virtual\)](#)

July 10 (0900-1100)

Virtual Class

[Interpersonal Communication – Public](#)

[Speaking \(Live\)](#)

July 14 (0900-1100)

Wounded Warrior BN West Building

27833 Commandant Classroom

[7 Habits of Highly Effective People](#)

[\(Virtual\)](#)

July 15-17 (0800-1430)

Virtual Class

[7 Habits of Highly Effective People](#)

[\(Live\)](#)

July 22-24 (0800-1430)

Wounded Warrior BN West 27833

Rotunda Classroom

[Basic Anger Management \(Virtual\)](#)

July 29 (0900-1100)

Virtual Class

[4 Lenses and Generations \(Virtual\)](#)

July 30 (0800-1100)

Virtual Class

August 2025

[Say What? Interpersonal](#)

[Communication \(Virtual\)](#)

August 12 (0900-1100)

Virtual Class

[5 Choices to Extraordinary](#)

[Productivity Essentials \(Live\)](#)

August 13--14 (0800-1200)

Wounded Warrior BN West

27833 Commandant Classroom

[Speed of Trust Foundations](#)

[\(Virtual\)](#)

August 19-20 (0800-1200)

Virtual Class

[Extended DISC \(Virtual\)](#)

August 26 (0800-1200)

Virtual Class

[4 Lenses and the Agile Leader](#)

[\(Virtual\)](#)

August 28 (0800-1100)

Virtual Class

September 2025

[Bridging the Generations Gap](#)

[\(Virtual\)](#)

September 4 (0900-1100)

Virtual Class

[7 Habits of Highly Effective People](#)

[\(Live\)](#)

September 9-11 (0800-1430)

Wounded Warrior BN West 27833

Rotunda Classroom

[Real Relationships \(Virtual\)](#)

Sept 16 (0900-1100)

Virtual Class

[5 Love Languages for Couples \(Virtual](#)

[Couples Night\)](#)

September 16 (1800-2000)

Virtual Class

[4 Lenses and Careers \(Virtual\)](#)

September 18 (0800-1100)

Warrior BN West 27833 Commandant

Classroom

[5 Choices to Extraordinary](#)

[Productivity Essentials \(Virtual\)](#)

September 23-24

(0800-1200)

Virtual Class

[Ready Set Prepare!](#)

September 30 (0900-1100)

Virtual Class

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October 2025

[Basic Stress Management \(virtual\)](#)

Oct 1 (0800-1200)

Virtual Class

[Bridging the Generations Gap](#)

[\(Virtual\)](#)

Oct 2 (0900-1100)

Virtual Class

[Real Relationships \(Virtual\)](#)

Oct 7 (0900-1100)

Virtual Class

[4 Lenses for Couples – \(Virtual](#)

[Couples Night\)](#)

Oct 7 (1800-2000)

Virtual Class

[Conflict Management \(Virtual\)](#)

Oct 15 (0900-1100)

Virtual Class

[Interpersonal Communication – Public](#)

[Speaking \(Live\)](#)

Oct 16 (0900-1100)

Wounded Warrior BN West Building

27833 Commandant Classroom

[5 Choices to Extraordinary](#)

[Productivity Essentials \(Live\)](#)

Oct 22-23 (0800-1200)

Wounded Warrior BN West Building

27833 Commandant Classroom

November 2025

[Speed of Trust Foundations](#)

[\(Virtual\)](#)

November 4-5 (0800-1200)

Virtual Class

[Bridging the Generations Gap](#)

[\(Virtual\)](#)

Nov 6 (0830-1030)

Virtual Class

[Say What? Interpersonal](#)

[Communication \(Virtual\)](#)

Nov 13 (0900-1100)

Virtual Class

[7 Habits of Highly Effective](#)

[People \(Live\)](#)

November 18-20 (0800-1430)

Wounded Warrior BN West

27833 Rotunda Classroom

December 2025

[Real Relationships \(Virtual\)](#)

Dec 2 (0900-1100)

Virtual Class

[Bridging the Generations](#)

[Gap/4 Lenses and Generations](#)

[\(Live\)](#)

December 4 (0800-1200)

Wounded Warrior BN West Building

27833 Commandant Classroom

[5 Love Languages of Children](#)

[\(Virtual\)](#)

Dec 4 (0900-1100)

Virtual Class

[7 Habits of Highly Effective](#)

[People \(Virtual\)](#)

December 9-11

(0800-1430)

Virtual Class