

WHAT IS AFTB?

AFTB is a series of interactive classes consisting of three levels, and the AFTB Instructor Training program. AFTB trainings benefit Army Family members, Soldiers, civilian employees, government contractors, and

interested community members. AFTB empowers students to be well-informed, confident, and independent in the military life-

style and community. Additionally, AFTB enhances leadership skills and develops mentorship abilities. **AFTB Classes are FREE! Childcare at the Fort Knox Child Development Center or School Age Services is free to students if funding is available!** Please register for AFTB classes first, and then make your childcare reservation.

AFTB is flexible. In addition to our regularly scheduled classes in the AFTB classroom, classes for your unit or organization can be scheduled at the AFTB office, or your unit or office. AFTB Instructors are available to teach a single class, or group of classes on topics of interest for FRG meetings, unit trainings, or organization trainings. Schedule an AFTB briefing to find out how AFTB can meet your training needs.



LEVEL I

Level I courses are targeted toward Family members new to the Army, or anyone interested in updating personal skills or basic knowledge of the military environment. The first level of AFTB includes topics such as: Military Acronyms and Terms, Customs and Courtesies, Community Resources, and Problem Solving.

LEVEL II

Level II courses are targeted toward emerging community leaders. Level II classes include: Team Dynamics, The Volunteer Experience, Family Readiness Groups and the Deployment Cycle, and Introduction to Leadership.

LEVEL III

Level III offers training to enhance the professional growth and leadership development for those who may assume leadership roles in the community and the unit. Instruction includes topics such as: Leadership Styles, Coaching and Mentoring, Managing Group Conflict, and Building Cohesive Teams.

AFTB EXPRESS

Fort Knox's AFTB offers classes in blocks of two to three classes at a time to accommodate those with busy schedules. You may complete AFTB levels using the day or evening Express classes, or in combination with the Level classes.

INSTRUCTOR TRAINING

AFTB Instructor Training prepares Family members, Soldiers, and civilians to become an effective AFTB instructor. No prior teaching experience is necessary—AFTB Instructor Training will give you all the basic skills you need to be an effective AFTB Instructor! Instructor Training classes include some of the following: the Planning Process, Speaking on Your Feet, Methods of Instruction, and Instructional Aids.

If you are unable to access classes at an installation, AFTB classes are online at: www.MyArmyOneSource.com



VOLUNTEER OPPORTUNITIES

AFTB is able to provide the outstanding services and instruction in the Fort Knox community because of its dedicated volunteers.

AFTB is a friendly and team-oriented program. Consider becoming part of the AFTB team!

Volunteer positions include: instructors, office administrative support, and marketing support.



VOLUNTEERS
ARE THE HEART
OF AFTB

Please visit

www.MyArmyOneSource.com

to view all available openings with

Fort Knox's AFTB program.

LEARN, GROW LEAD...

WITH FORT KNOX
AFTB

CONNECTING FAMILIES TO THE
ARMY ONE CLASS AT A TIME!



ARMY COMMUNITY SERVICE
Bldg 5101 12th Armored Div Ave
Fort Knox, KY 40121-5202
(502) 624-8391/6291

ARMY FAMILY ACTION PLAN OFFICE
(502) 624-8300

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