



12 - WEEK PERSONAL DEVELOPMENT PROGRAM

Course Outline

12-week Personal Development Program Objective: To increase self-awareness, enhance skills, have greater confidence, and a stronger sense of direction, ultimately leading to a happier and more successful life.

5 Skills of Personal Development

- Mental skills
- Emotional skills
- Social skills
- Spiritual skills & beliefs
- Physical development skills

4 Ps of Personal Development

Plan + Prepare + Practice + Perform = Success

Class Duration: 6/1/2025 - 8/24/2025

Class Days: Sun/Thu

Time of Meet: Sun: 4 pm - 5:30 pm, PST; Thu: 5:30 pm - 7 pm, PST (*Tentative)

Office Hours: Monday - Wednesday, 9 am - 2 pm, PST

12-week Personal Development Schedule:

Week	Meet Days	Subject
1	6/1/25 & 6/5/25	Personal Development: Explore your strengths, weaknesses, values, and aspirations to gain a deeper understanding of yourself. <u>Identify an area of personal development and set 1 goal you want to achieve (bonus: add 1-3 action-steps to take to achieve the goal: The goal can be a PD goal or one of your personal goals)</u>
2	6/8/25 & 6/12/25	Goal Setting: Identify what you want to achieve and develop a plan to make it happen.
3	6/22/25 - 6/26/25	Physical Health: Improve better overall health and well-being.
4	6/29/25 - 7/3/25	Mental/Emotional Well-being: Approach challenges with resilience and maintain healthy social connections.
5	7/6/25 - 7/10/25	Emotional Intelligence: Enhance your ability to manage interpersonal relationships.
6	7/13/25 - 7/17/25	Self-awareness: Be more self in-tuned, mindfulness, and self-reflective.
7	7/20/25 - 7/24/25	Character Development: Develop your authentic self.
8	7/27/25 - 7/31/25	Confidence: Increase motivation, resilience, and better performance.
9	8/3/25 - 8/7/25	Relationship Building: Establish strong, trusting connections that foster collaboration, and improved communication.
10	8/10/25 - 8/14/25	Managing Stress: Improve mental and physical well-being to reduce the stress in your body.
11-12	8/17/25 - 8/21/25 8/24/25 - 8/28/25	LV1st Presents: <u>Lady Vets share the outcomes of their chosen Personal Development goal, and the outcomes of their 10-week challenge*</u>

Guest Speaker: TBD

Lady Vets Happy Hour: TBD

10-week Challenge: choose 1 from the list (status check-in each week)

- Create a 10-week Vision Board focusing on each week's topic
- Write 1-3 Affirmations of your own on any area(s) of PD for 10 weeks (1 per week)
- Complete a 10-week walking or movement challenge (walk for 2 hours per week); Resource: Caroline Jordan, Certified Health and Fitness Coach, YouTube Channel, [🌐 Caroline Jordan](#)
- Write 1 Journal per week for 10 weeks

RULES OF ENGAGEMENT

- **Anti-intolerance.** Lady Vets 1st LLC stands against all forms of dehumanizing or unlawful treatment of others. Including but not limited to all forms of cyberbullying, cyber-harassment, hate speech, or threats based on their race, ethnicity, national origin, religion, caste, sexual orientation, sex, gender, gender identity, or disability.
- **Be kind and respectful.** As a community builder, you know that communities are fundamentally about belonging — there's no need to be mean, rude, offensive, or antagonistically political. While it is fine to challenge the ideas or arguments of others in our Community, avoid calling them names or making disrespectful comments about them. If you and another member of our Community have a disagreement, make an effort to understand their points of view before you respond to them. And when you respond, strive to resolve disagreements constructively and respectfully. Disagreement is no excuse for poor manners.
- **Don't promote, solicit, or spam.** We reserve the right, at our complete discretion, to remove any comments or statements that we identify as promotions, solicitations, or spam.
- **Keep discussions relevant and reasonable.** This is a Community for women Veterans to explore their life's goals, community building, and related topics. We do not want you to feel limited or constrained to any specific topics or ideas, but topics or ideas that have no apparent relation to community building, or our Community's stated goals will likely not be relevant.
- **Come with purpose:** When you join events, discussions, or step into chat spaces, come fully engaged. Your active involvement not only benefits you, but enhances the experience for everyone involved.
- **Respect the privacy of others.** This is a private Community for women Veterans. In general, we'd love for everyone to be as open and transparent as they want to be, but we want their privacy to be respected. Please do not share anyone's nonpublic personal information on our platform. Do not use our platform to dox, extort, harass, or spread false and disparaging rumors about others.