

# WARRIORS PATH

EMPOWERED BY  ETI



October 26, 2021 – December 7, 2021

Cohort 003

# Credentialed Resources

Reboot Combat Recovery Field Guide  
*Tom Mckenna USMC Combat Veteran (\*ETS Co-Founder)*  
*Jon Engfer MPS, LADC, CPRS (Warrior's Path Program Director)*

## Addressing:

- Soul Healing
- Personal Recovery
- Finding Purpose
- Increasing Self-Worth
- Honoring Relationships
- Community Building

## Military Influencers & Course Contribution

*Retired Commander Navy Seal Jon Macaskill*  
Men talking Mindfulness/Organizational Culture  
Positive Change Talk  
-Making progress in the right direction  
-Demonstrated Commitment, Discipline, and Responsibility

*John Henka USMC Veteran CEO Lockleed*  
*International Employment Opportunities*

*\*Northernstar Fort Snelling Base Camp Training*  
*-Team Building/Character Development*

Tom Mckenna – Marine Combat Veteran  
*-Lived Results from EMDR Training Effectiveness*

Colonel Jim L. Kline USMC (Retired)

- Leadership
- Representation
- Dedication
- Loyalty

*Alex Kempe (Veteran)– Department Service Officer at DAV*  
*-Veteran Benefits*

Larry Johnson (Vietnam Army Medic)  
EMDR Training

*Military Jim Carsten US Navy Department of Defense*  
*Washington, DC*

- Embetterment of Community
- Responsibility as a Civilian

*Ron Buhta Navy Vietnam Veteran*  
*Viking Industrial 37 years*  
*-Creative Artwork (Design/Sculping/Painting)*

*Col. David Rabb, (Ret.) Military Mental Health Commander*

- Bringing clarity to moral injury and gaining spiritual insight on traumatic healing

Amanda Hooper  
Army Veteran  
BSHS, PSYM (Military Psychology)  
Trauma Informed Care

Minnesota Assistant Counsel for Veterans (MACV)  
Angela Overlin (Housing)  
Scot Harris (Employment)

## Law Enforcement & Fire Department

*Andrew Schroeder – Lead Gun Investigation Unit/Minneapolis Police Department*

- Service
- Responsibility
- Integrity
- Fidelity

Ryan Lyons – Captain St. Paul Fire/Marine Veteran  
(Warriors Path Cohort 3 Participant)

*\*Persevering through trauma towards healthier outcomes*

Commitment - Safety *Brian Casey Sgt. St. Paul Police*  
*-Peer Support Department*

*(Author of Good Cop Good Cop)*  
Wellness Training –Discernment  
-Awareness of Empathic Fatigue  
-Understanding the Reactionary Gap  
-Managing Thinking

# Credentialed Resources

## Community ETS Contributors & Course Influencers

**Sue Hoisington, Psy.D, LP Psychologist** Mental Health Education

- Symptoms
- Modalities Treatments

**Shauna Fenske MA LAMFT BS**

- \*Relational Reconciliation Work
- Recovery Relationship Specialist
- Establishing/Utilizing Healthier Connections/Reconnection
- Rebuilding Trust/Accepting Difficulty to Understand/
- Strengthening & Growing while being uncomfortable

**John Francis Allgaier Spiritual Leader**

- Faith Development & Bible Study

**Chris Hartman's – Hamline (\*Head NFL Strength Coach 2 Seasons/1998 BIG 10 Strength & Conditioning Coach of the Year)**

**Tonya Degregorio Health & Holistic Coach**  
AFAA Certified  
Nutrition-Physical Conditioning-Fitness training

**Advisor Keith Johnson,**  
*(Financial Services Professional) - Financial Planning*  
- *Psychology of Money Management*

**Tim Liester (COO USLBM)**  
*Develop Stronger Skills Sets*  
*Doing the Right Things Right Things Happen*  
*Effectiveness of Empathy, Integrity, Demonstrated Competency, Establishing Trust*  
- *Careers Construction in the Home Building Industry*

**Jeff Degree – Professional Attorney**  
**Defense Attorney – Legal Direction**

- Resolve pending issues
- Record expungement

**Fiyyaz Karim Psy. D.**

**University of Minnesota Lecturer/Professor**

- Cultural Competence
- Personal Biases
- Identity

**Roy Kammer**

**EdD LADC LPC ADCRMN CPPR NCC**

**Director Minnesota Certification Board**

- Personal & Professional Ethical Development

**Annie Humphrey - Native American Marine Veteran**

- Tribal Knowledge/Embedded in Indian

\*Community/Cultural Insights

- Warrior DNA (Provider & Protector)
- Musician (Spiritual Celebrations)

**Christine Bongiovanni-Stiff**

**Certified Life Coach**

**(Mental Fitness / Positive Intelligence)**

- \*Mind conditioning towards best self -version

**Men of Character**

**Ted Carlson – SIOR, CCIM President Carlson Partners**

**Erik Hendrikson – President Tradition Mortgage**

**Steve Aronson – Partner Camber Road**

**Addressing:**

- Being trustworthy & Positive addition to family and community
- -Discipline with living in purpose

**Rich Chapman**

**Author Greater Game**

**Sacrifice-Resiliency-Discipline-Commitment**

# WEEK 1:



## Reconnecting to the Warrior Within

*“The Warrior is one who sacrifices himself for the good of others. His task is to take care of the elderly, the defenseless, those who can’t provide for themselves, and above all, the children.”*

*- Sitting Bull*

# WEEK 1:

Tuesday October 26, 2021

## 10am-12pm Introductions

Program Intentions & Mission Towards Positive Change/Living with Purpose

-Commitment Document

-Understanding 3 Key Questions to Consider (Moving forward in the Right Direction)

Will You commit yourself to want to make positive changes?

Will You commit earnestly and fully identifying the issues that have disrupted your life?

Will You commit to supporting other participants in the course?

-Addressing Warrior's Path 5 F's Character-Building Blocks (Faith, Friends & Family, Fitness, Finances, Force for Good... Working to get back on track and living a healthier way of life.

\*Veterans - Mental/Physical/Spiritual Health Assessment

## 1pm -2:15pm

Warriors Path Mission Pledge Signing (Understanding the Importance of being Right with Self, Family, & Community)

\*Recognizing Responsibility (Accountability to thought, feeling, and action)

Empowering Warriors DNA (Utilizing the Spirit of Righteousness)

\*Honoring commitment to positive change, keep agreements, and move forward towards healthier outcomes.

Ethos: Bring back honor to brotherhood & sisterhood

\*Building a healthy culture and safe community

## 2:30pm-3:30pm

Hartman Team's Strength Training & Physical Conditioning



# WEEK 1:

Wednesday October 27, 2021

## 2 Day Cabin-Retreat in Private Majestic Location (Awakening Warrior DNA)

### **10am ETS Departure**

Warriors Path Vehicle – Team Building/Strengthening Connections

\*Recognizing opportunity to live a healthier way of life. (Ready to make commitment to positive change, keep agreements, and move forward towards healthier outcomes.

Re-investing and Re-building in Self-Worth/Increasing Confidence Community Restoration/Having Future Considerations)

\*The better you do the better we are-imagine our potential when we each do our part(Wealth of

Potential in us). We are a part of a cause greater than ourselves, the better you do the better we are...

### **2pm**

Positive Interaction/Fun Activity

**Dinner - Pizzas**

# WEEK 1:

Thursday October 28, 2021

## 9am ETS Home Departure from Spiritual Retreat

### 1pm-1:45pm

- \*Tom Mckenna ETS Founder (USMC Combat Veteran)/Jon Engfer MPS LADC CPRS
- \*Building on 5 F's Faith, Family/Friends, Fitness, Finances, Focus Forward
- \*-Character Development/Increasing Self-Worth
- \*Staying Motivated with the Opportunity to Improve
- \*Finding Purpose, Value, and Meaning in Life.
- \*(Emotional Healing & Soul Restoration)
- \*Understanding damaged Spiritual Roots due to past Trauma

\*Considering: (It is the quality that empowers Marines to exemplify the ultimate in ethical and moral behavior: to never lie, cheat, or steal; to abide by an uncompromising code of integrity; to respect human dignity; and to have respect and concern for each other.)

-Warriors Return-Spiritual Development-Coming into Soul Worth - Belonging Kinship - Believing in Love – Being right with ourselves and others – Having purpose and meaning in life - Moving Forward in a Healthy Way

### 2pm-2:30pm

#### Jon Engfer MPS LADC CPRS

\*Warrior's Return-Soul Restoration-Ethos (Code of Moral Conduct) The better you do the better we are-imagine our potential when we each do our part(Wealth of Potential in us)

### 3pm-4pm

#### YOGA

Eddie Sanchez - National Guard Service  
Registered Yoga Alliance (Vinyasa Practices)

# WEEK 1:

Friday October 29, 2021

## 9am-9:50am Awakening

Stretch (Body-Mind Connection)– Meditation- Life Meaning Focus

## 10am-11:30am

Christine Bongiovanni-Stiff

Certified Life Coach

\*Mental Fitness - Mind conditioning towards best self –version/Positive Intelligence

## 12pm – 1pm

Lunch **with** MACV

Angela Overlin - Veteran Housing

Scott Harris – Employment/Providing Computer Support-Resume Building-Interviewing

## 1pm-2:30pm

Tom McKenna USMC Combat Veteran (Combat Reboot Recovery-Addressing Soul Wound-Stop the Bleeding – Understanding Roots of Trauma)

\*Spirit of Man is worth fighting for

## 2:30pm-4pm

Tonya Degregorio Health & Holistic Coach

AFAA Certified

Nutrition-Physical Conditioning-Fitness training



# WEEK 2:

## Staying Committed to Positive Change, Striving to Do Your Best!

### Rede if Honor

- in all that you do, consider its benefit or harm upon yourself, your people*
- to thine own self be true*
- to keep one's head is a virtue (self-control/discipline)*
- do your best*
- obey the law's (they are beneficial to family)*
- harmony with natural order*
- love, protect, reproduce and advance your folk*
- act nobly (complete in body & spirit)*
- trust your power (holy spirit within)*

*Joshua 1:9 "have I not commanded you? Be strong and courageous, do not be frightened, and do not be dismayed, for the lord your god is with you wherever you go."*

# WEEK 2:

Tuesday November 2, 2021

**9am-9:50am**

Stretch – Meditation – Music Therapy

**10am-11:50am**

Jon Engfer MPS LADC CPRS

Cognitive Behavioral Therapy – DBT Training (Awareness of your thought, feeling, and action)

\*Learning how to reason your decisions, take responsible action, maintaining consistency towards healthier outcomes.

**Lunch**

2pm

FAITH HOPE AND COURAGE EVENT

ETS WARRIORS PATH PROGRAM SUPPORT & ATTENDANCE

\*Polite Reminder of Building Credible Character, Keeping Agreements, and Staying Committed to Positive Change.

# WEEK 2:

Wednesday November 3, 2021

## 9am-11am

Stretch – Meditation – Music Therapy-I AM SECOND Video

## 11:30am-1pm

Shauna Fenske MA LAMFT BS Relational Reconciliation Work -Family Restoration (Amending Personal Relationships, Establishing Healthy Connections Relationships\*Jess Mckenna-Veteran Wife (Acceptance, Understanding, Rebuilding)

## Lunch

## 1:30pm-3pm

Tim Liester

Developing stronger skill sets

-Addressing Empathy, Integrity, & Demonstrated Competence

-Attitude, Desire, Willingness to Play a Role, Learn-Adopt-Grow

## 3:15pm-4pm

Alex Kempe (Veteran)

Department Service Officer at DAV

Veteran Benefits

# WEEK 2:

Thursday November 4, 2021

**9am-9:50am**

Stretch-Mindfulness-Walk

**10am-11:30am**

Keith Johnson (Financial Services Professional)

-Psychology of Budgeting

-Money Management-Addressing Credit-Resolving Debt-Investing

**Lunch**

**12:30pm-1pm**

Professional Lawyer Jeff Degree (Defense Attorney)

Legal Counsel Helpful insight to address suppressive information regarding past legal issues, resolving pending charges, and license re-instatement

**1:15pm-2:15pm**

***Veteran Navy Seal Jon Macaskill***

**Men talking Mindfulness/Organizational Culture**

**Positive Change Talk**

**-Making progress in the right direction**

**-Demonstrated Commitment, Discipline, and Responsibility**

**2:30pm-3:30pm**

Eddie Sanchez - National Guard Service Registered Yoga Alliance (Vinyasa Practices)

# WEEK 2:

Friday November 5, 2021

## 9am-9:50am

Stretch – Meditation – Music Therapy

## 10am-12pm

Amanda Hooper - MA Military Psychology

Trauma Informed Care

-Addressing Effective Pathways for Growth

-System Integration

## Lunch

## 12:30pm-2pm

Tom McKenna USMC Combat Veteran Reboot Recovery (Truth-Empowering Healing Soul)

## 2:30pm-4pm

Tonya Degregorio Health & Holistic Coach

AFAA Certified

Nutrition-Physical Conditioning-Fitness training

\*Polite Reminder of Building Credible Character (Being Reliable), Keeping Agreements, and Staying Committed to Positive Change.



# WEEK 3:

Becoming Better Than You Have Ever Been!

**“I step out of an old identity of disabled veteran and in to a new one as an honorable returned warrior. I finally hear a call to warriorhood that I can answer”  
-The Warrior’s Return by Dr. Edward Tick**

**Philippians 3:13 “Brothers and sisters, I do not consider that I have made it my own yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead”**

# WEEK 3:

Tuesday November 9, 2021

## 9am-9:50am

Stretch – Meditation – Music Therapy

## 10am-12pm

U of MN Professor Fiyaz Karim Psy. D Cultural Competence (Understanding Lifestyles & Value Systems) Multicultural Education (Addressing Different Beliefs) \*Understanding Ethics & Boundaries

## 12pm-1pm Lunch

## 1pm-2:30pm

Leadership – Colonel Jim L. Kline (Retired USMC) Character Building – Maintaining Responsibility - Ethical Values\*Personal responsibility for the pursuit of their own success.

-Active engagement towards positive outcomes and getting good results.

-Process forward and continue to make recovery progress.

## 3pm-4pm

Hartman Team's Strength Training & Physical Conditioning-Challenge Character Effort

# WEEK 3:

Wednesday November 10, 2021

**9am-9:30am**

Stretch – Meditation Walk

**10am-11:30am**

Jessi Mckenna - Family-Restoring Relationships/Rebuilding Trust/Communication Effectiveness

**Lunch**

**1pm-2:30pm**

Jon Engfer MPS LADC CPRS

Acceptance Commitment Therapy Approach  
(Reality/Moment/Opportunity to Improve) Understanding the strength of this Recovery Pathway-Psychological Flexibility

**3pm-4pm**

Physical Conditioning-Fitness Training

# WEEK :3

Thursday November 11, 2021

## 9am-9:50am

Tom McKenna-Struggle Well: Thriving in the Aftermath of Trauma

-There is hope for Post Traumatic Growth

-By embracing the struggle, rather than fighting it, you can stop surviving and start thriving.

## 10am-12pm

Sue Hoisington Psy. D/LPCC Mental Health-Addressing & Educating Mental Health (Symptoms, Substance Use Effects, Opioids, & Treatment Modalities)

## Lunch

## 1pm-3pm

Sue Hoisington Psy. D/LPCC Mental Health-Addressing & Educating Mental Health (Symptoms, Substance Use Effects, Opioids & Treatment Modalities)

## 3pm-4pm

Eddie Sanchez - National Guard Service Registered Yoga Alliance (Vinyasa Practices)

# WEEK :3

Friday November 12, 2021

**9am-9:50am**

Stretch – Meditation – Music Therapy

**10am-11:30am**

Christine Bongiovanni-Stiff

Certified Life Coach

\*Mental Health Fitness Mind conditioning towards best self –version/Positive Intelligence

**Lunch**

**12:30-2:15pm**

Tom McKenna - USMC Combat Veteran

Reboot Recovery - Be Free (Forgiving ourselves and others)

**2:30pm-3:30pm**

Jon Engfer Recovery Coach

Physical Conditioning-Fitness Training

**(Maintaining Consistency & Managing a Code of Moral Conduct)**



# WEEK : 4



Never Give Up!

**“It’s not about how hard you hit. It’s about how hard you can get hit and keep moving forward. How much you can take and keep moving forward.”**

**-Rocky Balboa**

**Romans 8:31 “What then shall we say to all these things? If God is for us, who can be [successful] against us?”**

**WEEK : 4**

Monday November 15, 2021

**1pm-3pm**

**Careers Opportunities / Reverse Job Fair**

**Employers Enebek Construction, Lyman Companies, LS  
Black, Lockleed, MACV**

**\*Amanda Hooper**

**MA Military Psychology**

**Understanding Culture and Veteran Strengths**

**-Being more effective & establishing stronger interactions**

# WEEK : 4

Tuesday November 16, 2021

## 9am-9:50am

Stretch – Meditation – Music Therapy

## 10am-11:30am

Jon Engfer MPS LADC CPRS

Health Realization HR-focuses on the nature of thought and how it affects one's experience of the world. Students of HR are taught that they can change how they react to their circumstances by becoming aware that they are creating their own experience as they respond to their thoughts, and by connecting to their "innate health" and "inner wisdom. (Addressing 3 principles)

## Lunch

## 1pm-3pm

### Fort Snelling Northern Star Base Camp

Veteran Team Building Challenges

\*How to effectively utilize each others strengths

## 3pm-4pm

Hartman Team's Strength Training & Physical Conditioning

# WEEK : 4

Wednesday November 17, 2021

## 9am-10:15am

Jon Engfer MPS LADC CPRS - Recovery Coach

4 Agreements Teaching (Feed your heaven or feed your hell)1-Be impeccable with your word  
2-Don't take anything personal 3-Don't Make Assumptions 4-Do your best\*Improving  
Thought Awareness/Motives Better understanding intentions to keeping agreements,  
staying committed to positive change, and honest efforts towards healthier outcome.

Tom McKenna Veteran Advocate/ETS Founder \*Considering: (It is the quality that empowers  
Marines to exemplify the ultimate in ethical and moral behavior: to never lie, cheat, or steal;  
to abide by an uncompromising code of integrity; to respect human dignity; and to have  
respect and concern for each other.)\*Polite Reminder of Building Credible Character,  
Keeping Agreements, and Staying Committed to Positive Change.

## 10:30am-12pm

Tom Mckenna – Marine Combat Veteran

*-Lived Experience (Shared Results from EMDR Training Effectiveness)*

Larry Johnson – Vietnam Army Medic Veteran

Veterans Resilience Project

## Lunch

## 1pm-3pm

Ron Buhta (Navy-Vietnam Veteran)

Creative Artwork (Wood Sculpting/Painting Pictures)

\*Polite Reminder of Building Credible Character, Keeping Agreements, and Staying  
Committed to Positive Change.

# WEEK : 4

Thursday November 18, 2021

**9am-9:50am**

Stretch-Mindfulness Meditation

**10am-11:45pm**

Jon Engfer MPS LADC CPRS

\*Solution Focused Therapy-Strength Based Perspective

(What is right with you and make that better)

-Moving Forward- Discipline & Maintaining Accountability and Responsibility- Character Virtues (Prudence, Fortitude, Temperance, Justice)- Ethics (moral principles that govern a person's behavior or the conducting of an activity) \*Right with You: Recovery can be done: Remove labels, utilize your inherent strengths & resources, validate what is right with you (You will defeat your problems)

-Spirit of self-help is the root of all genuine growth-Making Honest Efforts Towards Healthier Outcomes

\*Improving life & strengthening community (Honoring Brotherhood & Sisterhood)

**Lunch**

**1pm-3pm**

Brian Casey Sergeant St. Paul Police Department

(Author of Good Cop Good Cop) Wellness Training -Discernment-Awareness of Empathic Fatigue-Understanding the Reactionary Gap-Managing Thinking

**3pm-4pm**

Eddie Sanchez - National Guard Service -Registered Yoga Alliance (Vinyasa Practices)



# WEEK : 4

Friday November 19, 2021

## 9am-9:50am

Stretch – Meditation – Music Therapy

Reconnection with values and beliefs. Virtuous Living Keys-Important Character Traits-Honorable Actions-Personal Integrity-Right Way of Living/Having a Moral Soul “Gaining Personal Confidence/Rebuilding Self-Worth” Link: <https://youtu.be/v1ojZKWfShQ>

## 10am-11:50am

*Col. David Rabb, (Ret.)*

Military Mental Health Commander

- Bringing clarity to moral injury and gaining spiritual insight on traumatic healing

## Lunch

## 1pm-2:50pm

Tom McKenna USMC Veteran- Reboot Recovery Be Free (Cost of Unforgiveness) Stop hurting ourselves

## 3pm-4pm

Tonya Degregorio Health & Holistic Coach

AFAA Certified

Nutrition Physical Conditioning-Fitness training

\*Reminder Message = Warrior’s Return – Soul Restoration – Ethos (Code of Moral Conduct)

# WEEK : 5



*“Initiation is the process whereby our old self dies and a new, more mature, self evolves in its place”*

*-Dr. Edward tick*

*Romans 12:2 “Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is--his good, pleasing and perfect will.”*

# WEEK : 5

Tuesday November 23, 2021

## 9am-9:50am

Stretch – Meditation – Music Therapy

## 10am-12pm

Roy Kammer

Code of Ethical Conduct for Veteran Peer Recovery Specialists

\*Effective Ways to Utilize Decision Making Models

## Lunch

## 1pm-3pm

Roy Kammer – Director of Minnesota Certification Board (MCB)

Becoming a Peer Recovery Support Specialist-Veteran Advocacy/Resource Navigation

-Personal & Professional Development

-MCB Process Certification Training Opportunities/Career Possibilities

## 3pm-4pm

Hartman Team's Strength Training & Physical Conditioning-Challenge Character Effort

# WEEK : 5

Wednesday November 24, 2021

## 9am-10am

Jon Engfer (Warrior's Path Counsel)

Stretch – Meditation (Educational Recovery Former Military Police Officer Inspiration- I am second (Recovery Motivation) \*Community Awareness/Civilian Responsibility -- Striving to build a foundation for a successful future for ourselves, our relationships, and community - Consistency with: Responsibility, Accountability, Respect, Initiative\*Identity Capital: Doing something in life that adds value to you (investment with who you want to be)

## 10am-12pm

Community Service Leadership- Law Enforcement Andrew Schroeder (Minneapolis Police Officer

Ryan Lyons – Captain St. Paul Fire/Marine Veteran  
(Warriors Path Cohort 3 Participant)

\*Persevering through trauma towards healthier outcomes

## 1pm-2:30pm

Keith Johnson (Financial Services Professional)

-Psychology of Budgeting

-Money Management-Addressing Credit-Resolving Debt-Investing

## 3pm-4pm

Jon Engfer (Warrior's Path Leadership)\*Overcoming obstacles, persevering through challenges, building tolerance, gaining resilience

-Mental Conditioning

-Progressing Forward (Fortitude)

-Resiliency

# WEEK : 5

Friday November 26, 2021

## 9am-9:50am

Stretch – Meditation – Music Therapy

## 10am-11:50am

Christine Bongiovanni-Stiff

Certified Life Coach

\*Mental Fitness & Mind conditioning towards best self –version/Positive Intelligence

## Lunch

## 1pm-2:30pm

Tom McKenna USMC Combat Veteran-Combat Reboot Recovery When you have loved and lost (We are made strong)

\*Healing Soul Wounds & Repairing Moral Injury

## 2:30pm-3pm

Jon Engfer Recovery Coach

Physical Health Training

\*Reminder Message = Warrior's Return – Soul Restoration – Ethos (Code of Moral Conduct)



# WEEK 6

## Staying Committed to Positive Change, Striving to Do Your Best!

“And here you are, continuing on, despite how hard it has been.”

Philippians 4:13 “I can do all things [which He has called me to do] through Him who strengthens and empowers me [to fulfill His purpose—I am self-sufficient in Christ’s sufficiency; I am ready for anything and equal to anything through Him who infuses me with inner strength and confident peace.]”

Galatian’s 6:9 “Don’t get tired of doing what is good. Don’t get discouraged and give up, for we will reap a harvest of blessing at the appropriate time.”

The better you do the we are! Force of Good Building a Healthier & Safer Community.

# WEEK : 6

Tuesday November 30, 2021

## 9am-9:50am

Legal Counsel Defense Attorney Jeff Degree (Legal Resolutions-Understanding Judicial System)

## 10am-11:50am

U of MN Professor Fiyaz Karim Psy. D

Reclaiming Identity (Removing Labels-Rebuilding Self-Worth)

## 12pm-1pm Lunch

## 1:00pm-2:50pm

Jon Engfer MPS LADC CPRS

Self-Management and Recovery Training (SMART) Values Clarification Empowering Warrior's DNA (Spirit of Righteousness )

SMART GOAL-Worksheet

## 3pm-4pm

Hartman Team's Strength Training & Physical Conditioning-Challenge Character Effort \*Polite Reminder of Building Credible Character, Keeping Agreements, and Staying Committed to Positive Change.

# WEEK : 6

Wednesday December 1, 2021

## 9am-9:50am

Stretch – Meditation – Music Therapy

## 10am-11am

Military Jim Carsten US Navy Department of Defense Washington, DC (JAG Officer)

\*Encouraging Personal Integrity in the community comes in many forms, but above all refers to having upstanding character traits and work ethics including sound judgement, honesty, dependability, and loyalty. Having a high degree of integrity at work means that: You can be trustworthy and reliable if you choose to your commitment to positive change.

Embetterment of Society (Selfless devotion towards the greater good)-Responsibility as a Civilian-Contributing good to life for the benefits of others

## 11:30am-12pm

Jon Engfer MPS LADC CPRS

Evaluate Progress in Wise Mind (DBT WAVE Concept)

-Assess Personal Development (Moral Reasoning/Appropriate Response)

\*Effective Self-Care Methods (What's Working – Evidenced Results) Ethics & Boundaries (Effecting Community in a Healthy Way- Helping Others)Navigating Resources for Veteran

## Lunch

## 1:00pm-2:30pm

Tom McKenna ETS Founder (Tattoos of the Heart) - Becoming your Best Version (Overcoming shame & guilt, improving situational awareness, and becoming your best version. Tattoos' of the Heart) - Tragedy to Triumph-Conviction to Compassion-Return to Ourselves\*Recognizing and overcoming the loss of dignity and self-respect\*Who are we as a community? What are we demonstrating in value towards each other? Positive influences in our daily interactions & discipline in language/action.

## 3pm-4pm

Jon Engfer Warrior Path Director/Recovery Coach

Exercise - Physical Health Training

# WEEK : 6

Thursday December 2, 2021

## 9am-9:50am

Stretch – Meditation – Music Therapy

## 10am-11:50am

### Jon Engfer - Warrior's Path Director/Recovery Coach

GROW MODEL - Faith-Fire-Focus (Removing Interference)

Faith: Compelling sense of mission and purpose vs. Fear/Doubt

Fire: Positive energy directed toward the accomplishment of purpose vs. Negativity/criticism/speculations

Focus: Clarity on key priorities and attention on every level vs. distraction/inconsistencies

\*Performance measure -Taking responsibility to becoming better

## Lunch

## 1pm-2:50pm

### The Greater Game - Rich Chapman

\*Life is a Blessing

Consider the consequences-Build your confidence-Discover your why-Improve your stability-Sharpen your focus-Find your strength-Seek wise counsel-Commit to growth-Fight the resistance-Go for greatness

## 3pm-4pm

**Yoga** Eddie Sanchez - National Guard Service Registered Yoga Alliance (Vinyasa Practices)\*Polite Reminder of Building Credible Character, Keeping Agreements, and Staying Com-mitted to Positive Change.

# WEEK : 6

Friday December 3, 2021

## 9am-9:50am

Stretch – Meditation – Music Therapy

## 10am-11:30am

Shauna Fenske MA LAMFT BS\* Amending Family & Friendships-  
Personal Healing- Continued Relationship Building

Lunch

## 1pm-2:30pm

Tom McKenna USMC Combat Veteran

Reboot Combat Recovery

Made on Purpose - Rebuild Positive Image

Being Accountable & Consistent (Having Good Character & Personal Integrity)

## 3pm-3:45pm

Recovery Coach Physical Health Exercise

# WEEK : 7

Tuesday December 7, 2021

**9am-9:50am**

**Stretch & Meditation**

Vidoe <https://youtu.be/7BPQq9QdEC0>

**10am-12pm**

Men with Integrity (Demonstrated Character of Being Trustworthy)

Tradition Company President Erik Hendrikson

Camber Road Partner Steve Aronson

Ted Carlson Owner Carlson Properties

**Lunch**

**1-2:30pm**

**Jon Engfer MPS LADC CPRS**

Motivational Interviewing – Progress Forward towards Successful Outcomes/Getting Results

-Staying Committed to Positive Change Talk/Continuing to move in the right direction

**\*Measure Progress – Evaluate Commitment to Positive Change**

**3pm-3:45pm**

**Warriors Path Graduation Ceremony**

**"True happiness comes from doing good in life".**

**Moving forward: When we do the right thing for the right reasons the right things start to happen! Keep fighting the Good fight.**