



**Module 1 (12 Classes – 69 hours)**

- Basic Leader Course Overview
- Group Dynamics
- Effective Listening
- **Written Communication**
- Critical Thinking and Problem Solving
- Cultural Competence
- **Intro to Physical Readiness Training**
- **Drill and Ceremonies**
- **Public Speaking**
- Sexual Harassment Assault Response Program
- Equal Opportunity
- **The Army’s Leadership Requirements Model**

**Module 2 (7 Classes – 57 hours)**

- Unit Culture and This Is My Squad (TIMS)
- Army Combat Fitness Test Certification
- Legal Responsibilities and Limits of NCO Authority
- Resiliency
- **Followership and Servant Leadership Fundamentals**
- Team Building and Conflict Management
- **Training Management**

**Module 3 (4 Classes – 16 hours)**

- Counseling
- Financial Readiness
- Talent Management
- Soldier Readiness

**Module 4 (5 classes – 27 hours)**

- Holistic Health and Fitness
- Nutritional Readiness
- **Army Body Composition Program**
- Map Reading and Land Navigation
- Mission Orders and Troop Leading Procedures

**Assessed Classes**

➤ **Denotes GPA Producing classes**

➤ **These assessments do not calculate into the overall GPA but still included in DA form 1059**