

# CREDO 1-Day Retreats

CREDO has provided transformative retreats and workshops to Sailors, Marines, and family members for over 45 years. Through Marriage Enrichment, Personal Enrichment, and Family Enrichment events, we have enhanced readiness for generations of warriors.

Recently, the Chief of Navy Chaplains has set a vision to operationalize every aspect of the Chaplain Corps, including CREDO. To support that effort, we now offer several custom events to units and shore-based commands in addition to our traditional programming:

**LifeHack: Reset & Recharge** – Evidence-based one-day retreat focused on resiliency practices that support brain health and effective decision-making. We use the ARSENAL assessment developed by Henry Thompson, described in his book “The Stress Effect: Why Smart Leaders Make Dumb Decisions, and What to Do About It.” More information is available at <http://www.hpsys.com>.

**Change your Lens: Personality, Perspective, & Character** – One-day retreat focused on personality type and character strengths. We use the ViaME assessment in conjunction with the Keirsey-Bates Temperament Sorter, as well as a video series called “Change Your Lens, Change Your Life,” by Dewitt Jones. More information on ViaME may be found at <http://www.viacharacter.org>.

**Living the Outward Mindset** – One-day retreat exploring interpersonal conflict: how it develops, how we secretly sustain it, and how to break the vicious cycle. We use Arbinger Institute’s Living with an Outward Mindset, a program with more than 40 years research and development. More information is available at <https://arbinger.com/>.

In addition to those, we can customize an event for you based upon your needs, including a one-day version of our flagship Marriage Enrichment Retreat. Contact us for more information, or to set up an event!

**757-444-7654**