

Training in Your Time

Zone

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JAPAN AND GUAM

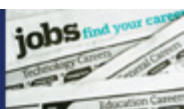
JULY 2026

DEPLOYMENT



		Japan	Guam
Am I Okay?	7/30	9:00 AM	10:00 AM
Equipping Your Kids During Deployment	7/16	8:00 PM	9:00 PM
Keeping it Together During Deployment	7/16	10:00 AM	11:00 AM
	7/23	8:00 PM	9:00 PM
	7/30	9:00 PM	10:00 PM
Kids & Deployment: The Roller Coaster Ride	7/9	8:00 PM	9:00 PM
	7/14	3:00 PM	4:00 PM

EMPLOYMENT



		Japan	Guam
Becoming Federal Resume Savvy	7/28	9:00 AM	10:00 AM
	7/28	6:00 PM	7:00 PM
Job Search Hacks	7/21	9:00 AM	10:00 AM
	7/21	6:00 PM	7:00 PM
Mastering Virtual Interviews	7/7	9:00 AM	10:00 AM
	7/7	6:00 PM	7:00 PM
Understanding USAJOBS	7/2	9:00 AM	10:00 AM
	7/2	6:00 PM	7:00 PM
Volunteer to Career	7/22	6:00 PM	7:00 PM

NAVY LIFE



		Japan	Guam
Navy Spouse Life 101	7/15	6:00 PM	7:00 PM
Ombudsman Hot Topic: Teaching Navy Families OPSEC, Smart Sharing Starts at Home	7/30	7:00 AM	8:00 AM

PARENTING



		Japan	Guam
Single.Serving.Parent: Deployed	7/5	1:00 PM	2:00 PM
	7/14	6:00 AM	7:00 AM
Single.Serving.Parent: Special Needs	7/14	6:00 AM	7:00 AM

PERSONAL FINANCE



		Japan	Guam
Command Your Credit	7/8	6:00 PM	7:00 PM
Financial Confidence Through Life's Changes	7/9	11:00 AM	12:00 PM
	7/17	9:00 PM	10:00 PM
Making the Most of Your Overseas Pay	7/10	9:00 PM	10:00 PM
NRJ Million Dollar Sailor Day 1	7/14	8:00 AM	9:00 AM
NRJ Million Dollar Sailor Day 2	7/15	8:00 AM	9:00 AM
Must attend both sessions)			
Million Dollar Sailor Day 1	7/16	8:00 AM	9:00 AM
Million Dollar Sailor Day 2	7/17	8:00 AM	9:00 AM
Must attend both sessions)			
Money Talks – Teen Edition	7/24	6:00 PM	7:00 PM
Planning your Financial Future	7/29	10:00 AM	11:00 AM
Take a Bite Out of College Costs	7/13	11:00 AM	12:00 PM
	7/30	6:00 PM	7:00 PM

TRANSITION



		Japan	Guam
Financial Confidence Through Life's Changes	7/9	11:00 AM	12:00 PM
	7/17	9:00 PM	10:00 PM
Leveraging the VMET in Your Job Search	7/7	2:00 PM	3:00 PM
Life After Tricare	7/22	7:00 AM	8:00 AM
Retirement Ready Navy Spouse	7/17	9:00 AM	10:00 AM
Skillbridge Simplified	7/27	6:00 PM	7:00 PM
	7/31	11:00 AM	12:00 PM
Transferable Skills: Your Key to Career Mobility	7/14	9:00 AM	10:00 AM
	7/14	6:00 PM	7:00 PM
	7/30	7:00 AM	8:00 AM
VTAP DOL Employment Fundamentals for Career Transition	7/8	8:00 PM	9:00 PM
	7/15	9:00 PM	10:00 PM
VTAP DOW My Education Track Day 1	7/16	9:00 PM	10:00 PM
Day 2	7/17	9:00 PM	10:00 PM
VTAP Financial Planning for Transition	7/7	8:00 PM	9:00 PM
VTAP Pre-Separation Brief	7/6	8:00 PM	9:00 PM
	7/14	9:00 PM	10:00 PM

RELOCATION



		Japan	Guam
Calming Cultural Shock	7/6	6:00 PM	7:00 PM
	7/23	9:00 AM	10:00 AM
Planning the Perfect PCS	7/20	6:00 PM	7:00 PM
Stepping Up Support: Sponsorship Training	7/22	11:00 AM	12:00 PM
	7/28	6:00 AM	7:00 AM

WARRIOR AND FAMILY RESILIENCE



		Japan	Guam
Better Reaction, Better Outcomes	7/26	1:00 PM	2:00 PM
Finding the Good in Conflict	7/13	6:00 PM	7:00 PM
	7/24	9:00 AM	10:00 AM
Run for Resilience	7/20	11:00 AM	12:00 PM
The Bounce Back Blueprint	7/28	9:00 PM	10:00 PM
The Power of Connection: Building Support Systems	7/9	2:00 PM	3:00 PM
	7/16	8:00 PM	9:00 PM
	7/31	6:00 AM	7:00 AM

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