

CREDO Program Glossary

CREDO Programs: CREDO pastoral care workshops, seminars and retreat ministries promote personal responsibility and strengthen family life. Additionally, they directly support recruiting, readiness, retention and unit cohesion initiatives using spiritually based resources. CREDO provides opportunities to maximize personal growth, strengthen marriages, and develop life-skills needed to ensure long-term organizational success.

1. **Personal Growth Retreat (PGR).** The PGR is the cornerstone of CREDO. The PGR provides participants with the opportunity to: (1) focus on accepting reality and taking personal responsibility for their lives; and (2) develop new perspectives in their relationships with family, shipmates and self.

2. **Marriage Enrichment Retreat (MER).** The MER provides couples with the opportunity to explore ways to keep their marital relationship growing and to deal with the conflicts that occur in any intimate relationship. The MER enables participants to explore the emotional, physical and spiritual needs of marriage, and to grow closer as couples.

3. **Spiritual Growth Retreat (SGR).** The SGR is intended to build upon the experience of the PGR. The SGR emphasizes renewing hope and gaining new spiritual resources to manage daily living. The SGR assists participants in their pursuit of a more mature relationship with God and a meaningful experience of religious faith. CREDO chaplains train other chaplains to facilitate this module to afloat and shore commands.

4. **Character Development Workshops.** These workshops foster a healthy work environment that values character, supports Navy and Marine Corps core values, and affirms each individual as important to the broader community. An individual's character determines a person's ability to contribute positively to the efforts of shipmates and co-workers.

5. **Team Building/Unit Cohesion Seminar.** This seminar provides high quality, customer-specific training to help individuals and teams to improve productivity, quality of work, and work environment. CREDO exports these seminars so afloat and shore work-center personnel can sharpen their people skills, learn how to build on their individual strengths, and gain a greater understanding of one another.

6. **Supervisory Retention Strategy Seminar.** This seminar assists supervisors with developing and implementing strategies that help personnel in the operational environment, increase unit cohesion and mission accomplishment, and reduce attrition.

7. **Other Retreats/Workshops.** Seminars required by local needs and mission requirements, such as the CREDO workshop for the BEARINGS retention program and the Mobile CREDO Experience, are available on an as needed basis.