

Virtual Drill Syllabus Choices:

If You Want to Change the World, Start off by Making Your Bed – 6:00 - **US Navy Admiral – William H. MacRaven**

Importance of doing the little things like making your bed, embracing the fears of life, and changing the world for generations to come.

<https://www.youtube.com/watch?v=3sK3wJAxGfs>

Meet the new CMSAF - 1 hour – **CMSAF JoAnne S. Bass**

Listen in to Coffee talks with our new Chief Master Sergeant of the Air Force JoAnne S. Bass.

<https://www.facebook.com/CMSAFOfficial/videos/keynote-address-cmsaf-joanne-s-bass/1274159319594185/>

Attitude Reflects Leadership – 53:12 – **CMSAF Kaleth O. Wright**

Chief Master Sergeant of the Air Force Kaleth O. Wrights talks about how the attitude of an organization is reflective of the leadership within that organization.

<https://www.youtube.com/watch?v=GWnUmod0Oy0>

Real talk amongst Airmen – 1:07:13 – **2nd Air Force Command Chief Master Sergeant**

Coffee time with a few AF SNCOAs. Talking about life, challenges, growth, what’s happening in the world, racial injustice, how to listen, how to be a better Airman/leader.

https://m.facebook.com/824686110931449/videos/289367798768421/?_so =serp_videos_tab

Bullet Writing – 1:08:12 – **CMSgt Ryan Guerrette**

EPR Bullet Writing/Formatting 101 Using CMSgt Eric Jaren’s Brown Bag Lessons: The Magic of Bullet Writing.

<https://www.youtube.com/watch?v=Ud1Elv1gFBs>

Struggling with Finances? – 1:27:56 – **Dave Ramsey**

Financial Peace University Baby Steps documentary on how to get out of debt.

<https://www.youtube.com/watch?v=W28AXKSZ-cs>

The Wisdom of a Third Grade Dropout Will Change Your Life – 10:27 - **Rick Rigsby**

A father’s teachings have guided him through the most troubling times of his life.

https://www.youtube.com/watch?v=Bg_Q7KYWG1g

TED (Technology Entertainment Design) Talks:

Start with WHY– 39:00 – **Simon Sinek**

Those who lead inspire us. We follow those who lead because we want to and for selfish reason. Those who start with “why” that have the ability to inspire those around them or find others who inspire them.

<https://www.youtube.com/watch?v=MNSAolUgFYQ>

Three ways to plan for the (very) long term – 13:35 - **Ari Wallach**

We increasingly make decisions based on short-term goals and gains—an approach that makes the future more uncertain and less safe.

https://www.ted.com/talks/ari_wallach_3_ways_to_plan_for_the_very_long_term

How to Make Stress Your Friend – 14:17 - **Kelly McGonigal**

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case.

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

The Secret of Becoming Mentally Strong– 15:01 – **Amy Morin**

Everyone has the ability to build mental strength, but most people don't know how. We spend a lot of time talking about physical strength and physical health, but much less time on the mental strength and mental health.

<https://www.youtube.com/watch?v=TFbv757kup4>

How mindfulness changes the emotional life of our brains – 17:52 – **Richard J. Davidson**

Mindfulness can improve well-being and outlines strategies to boost four components of a healthy mind: awareness, connection, insight, and purpose.

<https://www.youtube.com/watch?v=7CBfCW67xT8>

The Puzzle of Motivation– 18:24 - **Daniel Pink**

Career analyst Dan Pink examines the puzzle of motivation, starting with a fact that social scientists know but most managers don't: Traditional rewards aren't always as effective as we think.

https://www.ted.com/talks/dan_pink_on_motivation

The three secrets of resilient people – 16:20 – Lucy Hone

Dr. Lucy Hone shares the three strategies that got her through an unimaginable tragedy – and offers a profound insight on human suffering.

<https://www.youtube.com/watch?v=NWH8N-BvhAw>

Where Good Ideas Come From– 17:30 - **Steve Johnson**

People often credit their ideas to individual "Eureka!" moments. But Steven Johnson shows how history tells a different story. His fascinating tour takes us from the "liquid networks" of London's coffee houses to Charles Darwin's long, slow hunch to today's high-velocity web.

https://www.ted.com/talks/steven_johnson_where_good_ideas_come_from

It's OK to Feel Overwhelmed. Here's what to do next – 1:00 – **Elizabeth Gilbert**

If you're feeling anxious, isolated during the COVID pandemic, you not alone. Resilience is our shared genetic inheritance.

https://www.ted.com/talks/elizabeth_gilbert_it_s_ok_to_feel_overwhelmed_here_s_what_to_do_next

Kids Need Structure – 17:03 – **Colin Powell**

How can you help kids get a good start? Heartfelt & personal talk about children.

https://www.ted.com/talks/colin_powell_kids_need_structure

Why Most Parenting Advice is Wrong– 17:13 – **Yuko Munakata**

Parenting books promise to teach is how to raise successful children. This is a different story, challenging and complicating the prevailing wisdom about parents' role in their children's future.

https://www.ted.com/talks/yuko_munakata_why_most_parenting_advice_is_wrong

[SAPR/SARC Content:](#)

[Sex needs a new metaphor](#)– 8:21 – **Al Vernacchio**

The metaphors for talking about sex in the US all come from baseball-scoring, getting to first base etc. The problem is, this frames sex as a competition, with a winner and a loser. Instead, he suggests a new metaphor, one that's more about shared please, discussion and agreement, fulfillment and enjoyment. Let's talk about pizza.

<https://www.youtube.com/watch?v=xF-CX9mAHPo&feature=youtu.be>

[Why we should be thinking of sexual intimacy in terms of pizza](#) – 3:33 – **Peggy Orenstein**

Peggy Orenstein discusses her book “Girls & Sex” on how sexual intimacy should be.

<https://www.pbs.org/newshour/show/thinking-sexual-intimacy-terms-pizza>

[Marines “Lost Honor”](#)– 28:46 – **Marines**

This video was designed to help prevent sexual assault within the Marine Corps.

<https://www.youtube.com/watch?v=aKUPzn5ZC6E&feature=youtu.be>

[Air Force Academy cadets speak out on sexual assault, retaliation](#) – 7:06 – **CBS This Morning**

In a six-month investigation you'll see only on “CBS This Morning,” Norah O'Donnell and her team traveled to the United States Air Force Academy in Colorado Springs to investigate sexual assault in the military.

https://www.youtube.com/watch?v=_axf3ZduzKM&feature=youtu.be

[Air Force History:](#)

[Gathering of Eagles](#) – 53:14 – **Retired Col. Walter L. Watson Jr.**

Listen as Retired Col. Walter L. Watson Jr. talks about his career.

<https://www.youtube.com/watch?v=tGUGm0PCalc>

[Red Tail Angels](#) – 27:41 – **United States Air Force**

The Story of the Tuskegee Airmen Episode 01.

<https://www.youtube.com/watch?v=095g3hMq5Eg>

[Red Tail Angels](#) – 23:56 – **United States Air Force**

The Story of the Tuskegee Airmen Episode 02.

<https://www.youtube.com/watch?v=GFEmqvyM0Pk>

[Red Tail Angels](#) – 30:14 – **United States Air Force**

The Story of the Tuskegee Airmen Episode 03.

<https://www.youtube.com/watch?v=DvLjnMIm0ms&t=57s>

[Inside Combat Rescue](#) – 53:33 – **Air Force National Geographic**

Episode 01 Visions of War, inside the world of pararescue units.

<https://www.dailymotion.com/video/x6s2036>

[Inside Combat Rescue](#) – 53:32 – **Air Force National Geographic**

Episode 02 Whatever It Takes, inside the world of pararescue units.

<https://www.dailymotion.com/video/x6s56su>

Inside Combat Rescue – 53:33 – Air Force National Geographic

Episode 03 into the Fire, inside the world of pararescue units.

<https://www.dailymotion.com/video/x6s56su>