

Contributions to Consider as a CO Spouse

DISCLAIMER!

This tool can help you define what your contribution/role might be.

It is not an all-inclusive list.

Everyone truly defines his or her own role.

ADVISING ROLE

- Serve as an advisor to:
 - CO
 - XO Spouse
 - CMC/COB Spouse
 - Ombudsman
 - FRG

TEAMBUILDING ROLE

- preside over the Command Support Team
- prepare agendas and cooperatively plan the work of the team
- plan, organize and delegate activities for wardroom spouses/functions
- attend FRG events
- set a positive tone
- ensure each spouse is seen as a valued member of the command family
- encourage others to contribute
- express appreciation for people coming to events and contributing
- discourage gossip or rumors
- attend command activities with your spouse that include single sailors

PLANNING ROLE

- facilitate development of master calendar for FRG
- facilitate development of activities surrounding deployment

COMMUNICATING ROLE

- Develop and maintain good communications with the following:
 - leadership team
 - Command Support Team spouses
 - wardroom spouses
 - FRG
- design and maintain the phone tree for the wardroom spouses
- provide accurate and trustworthy information
- notify XO Spouse and Ombudsman when out of town
- leave plans and phone numbers in case of emergency
- make periodic phone calls to families
- greet new members of the command with welcome notes, phone calls or small gifts
- contact families not in the local area
- send cards for special occasions
- submit articles for the ship's newsletter

MENTORING ROLE

- Serve as a mentor to the following:
 - wardroom spouses
 - FRG
 - XO Spouse
 - CMC/COB Spouse
 - Ombudsman
- encourage spouses to attend COMPASS Training
- link new spouses with a command volunteer mentor