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## **[Free self development eCourse now available from Travis Manion Foundation](#)**

### **Free eCourse for Veterans**

A free self development eCourse is now available from the Travis Manion Foundation, and its first question asks, Are you thriving?

If not, now's the time to harness your unique qualities to reach your full potential. This is the perfect tool for Veterans looking to create actionable goals to achieve success in their careers and well-being. The course is recommended for those transitioning from military to civilian life, looking to begin a new career or any number of life changes big or small. This opportunity is available for all at no cost.

Studies show that people who intentionally use their strongest character strengths every day increase their well-being, improve their satisfaction at work and are better positioned to thrive. In completing the course, you will gain insight into your unique strengths, find fulfillment and learn how to more effectively connect with others. Access this free course now and take on challenges ahead with a deepened sense of purpose.

### **What to expect**

Begin the Leading With Your Strengths course by clicking the button below. You will be directed to log in to or create your free Spartan Development Center account. After you log in, you will be automatically redirected to register for the course. Once registered, the eCourse takes about an hour to complete. You'll be on your way to thriving in no time.

**[Access the LWYS eCourse from Travis Manion Foundation](#)**



## **About the Travis Manion Foundation**

The Travis Manion Foundation unites communities to strengthen America's national character by empowering Veterans and families of fallen heroes to develop and lead future generations. In 2007, 1st Lt. Travis Manion (USMC) was killed in Iraq while saving his wounded teammates. Guided by his ethos, "If not me, then who...", Veterans continue their service, develop strong relationships with their communities and thrive in their post-military lives by serving as character role models to youth. As a result, communities prosper and the character of our nation's heroes live on in the next generation.

Additional information about the Foundation can be found at [www.travismanion.org](http://www.travismanion.org). Follow us on Instagram @TravisManionFoundation or on Twitter @TMFoundation for updates on our programs and events.

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