



## THE HONOR FOUNDATION

Navy SEAL Foundation, A Founding Partner

11055 Roselle Street, Ste. 120  
San Diego, CA 92121

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## THE HONOR JOURNAL



December 2021 | Issue 006



*Pictured: L to R, Michael Halterman, Hillary Hays, Kathy Leming, Kelly McGraw, Jessica Hunt, and Matt Stevens*

## THF BRIEFING

### A Message from Matt Stevens, CEO

Happy holidays to everyone in the THF network! I hope you and your families are in good health and good spirits as we prepare to say farewell to 2021 and the roller coaster ride that it has been! Despite the challenges, I hope you are walking away from the year with great memories, triumphs, achievements, new adventures, and finding time during this holiday season to relax, reflect and recharge.

When we began to return to

in-person gatherings throughout the country, The Honor Foundation took full advantage of the opportunity to meet new faces, new Fellows and reunite with old friends (in a safe manner, of course). For the first time in THF history, we ran five campuses simultaneously this fall -- graduating 400 Fellows total in 2021...and we could not have done that alone.

With a massive effort to serve more Special Operators and grow our Program, we grew our teams across all campuses and departments. Please welcome Renee Booth, Phil Gant, Chris Bannister, Michael Higgs, Stephanie Haines and Hailey Juneau on LinkedIn if you have not already (and read more about them in the next few pages of this newsletter)! We still have a small but mighty team, all with a shared passion to serve the Special Operations Forces community and their families during transition.

This fall also brought on numerous new fundraising events from San Diego to Texas. We pulled off our first-ever Swim for SOF event -- a 3.3 mile open water swim across Coronado Bay -- along with incredible events in Austin, Houston and Los Angeles. Our Impact team, Ambassadors and partners have been busy... and would love to bring THF to a city near you and expand our efforts across the U.S.!

To all of you who have advocated for our mission and the people we serve -- my sincerest gratitude. Thank YOU to our Tribes of Support -- partners, donors, faculty, coaches, and mentors -- the THF board, staff and their families, for standing by our side and giving us the power to continue our mission to serve the Special Operations community with honor, for life!

I look forward to seeing you all in 2022. Best wishes to you and yours!

With honor and respect,

**Matt Stevens**  
THF CEO

*“THF guided and equipped me with the tools and confidence to face the next chapter with excitement, rather than uncertainty”*

– Jay, THF Alumnus

## HERE WE GROW AGAIN

*Meet the newest additions to the THF family.*



**Phil Gant,**  
**Director of Programs,**  
**Fort Bragg**

Phil is a retired Green Beret from 3rd Special Forces Group who served in the U.S. Army as a Forward Observer, Special Forces Communications, Intel, and Team Sergeant. He deployed overseas several times in support of combat operations, and retired after 20 years of

service. Phil is passionate about contributing to his community and building positive relationships. Outside of THF, he enjoys the outdoors, shooting sports, traveling, and spending time with family in the Fort Bragg area of North Carolina where they reside.



**Renee Booth,**  
**Director of Impact, East**

Renee Booth, is a Certified Fundraising Professional (CFRE) and joins THF as Director of Impact for the East Coast.

She is a Jefferson Award nominee, a Martin County Soroptimist Woman of the Year, and a recipient of the United

Way of Martin County, Character Counts Pillar of Character Award.

Prior to THF, Renee served as Executive Director of the Samaritan Center for Young Boys & Families, the Vice President of Philanthropy for the Boys & Girls Clubs of Palm Beach County, Chief Development Officer for the Boys & Girls Clubs of Martin County, Executive Director of the Children's Museum of the Treasure Coast, and Development Director for the Historical Society of Martin County.

Renee is active in both volunteer and professional organizations, including the Martin County Estate Planning Council, the Planned Giving Council of Palm Beach County, and the Association of Fundraising Professionals, where she currently serves as Treasurer.



**Chris Bannister,**  
**Director of Programs,**  
**Camp Lejeune**

Chris was born in Metairie, LA spending much of his childhood in youth sports and moving from state to state. He has lived in eastern North Carolina for more than 11 years and graduated from Norwich University with a degree in Strategic Studies and Defense Analysis. Chris

was an active-duty Marine Raider who faithfully served the Marine Corps as a Reconnaissance Marine then a Critical Skills Operator with U.S. Marine Corps Forces Special Operations Command. Before retiring, he attended the THF program, became a THF Alumni, and has now joined the THF tribe. Chris has deployed several times in support of combat

operations and understands the importance of THF's role to serve those within Special Operations Forces when the time comes to transition into their next mission.



**Hugh-Michael Higgs,**  
**Director of Programs, San**  
**Diego**

Hugh-Michael “Punky” Higgs is a native of East Tennessee and former Navy SEAL. He served for 30 years, deploying throughout the Mediterranean, South Africa, and the Middle East; and finished his last tour as Command Master Chief of SEAL Team SEVEN.

He has a B.S. in Workforce Education and Curriculum Development from SIU Carbondale and an MBA from the University of Southern California and has spent the past several years as a program director with DoD and working in the non-profit space speaking and advocating for alternative treatment modalities for veterans with MTBi and PTS.

He resides in North County San Diego with his wife Katie, and their 150lb Mastiff “Hank” who thinks he’s a lap dog. He spends his free time traveling the world, riding his motorcycle, hunting and fishing.



*“THF helped me understand the fundamentals of what to do. The curriculum is great for understanding self, personal values and how to articulate those values in a unique and personal way. I am thankful for The Honor Foundation.”*

– Tom, THF Alumnus

## HERE WE GROW AGAIN CONT'D



**Stephanie Haines,**  
**Program Coordinator,**  
**Virginia Beach**

A northern California native, Stephanie graduated from Florida State University with a degree in Psychology and after a brief stint in early childhood education she obtained a Master's degree in History. Prior to joining THF, she found her niche in the

nonprofit sector while working in program management for a trade association in Washington, DC. As a military spouse, Stephanie is passionate about giving back to the military community. Outside of THF, she can be found exploring her new hometown with her husband and two sons.



**Hailey Juneau,**  
**Impact Coordinator**

Hailey Juneau, our newest hire, is located in Houston, Texas, her hometown. She is a recent Alumna of Louisiana State University, where she graduated with a bachelor's in Leadership and Human Resource Development. During her time at LSU, she completed other

negotiations from Cornell and Notre Dame, and studied global leadership abroad in Thailand.

She has four sisters, the oldest of whom married former SEAL Marcus Luttrell. Marcus introduced the worlds of NSW and the SOF community to Hailey, and has felt at home around these incredible men and women ever since. She looks forward to helping out the community and working at The Honor Foundation.

Hailey completed an internship with The Honor Foundation earlier this year and is thrilled to accept a full-time position on the Impact Team.



**Frank Muller,**  
**THF Board of Directors**

Frank Muller is an international businessman providing visionary leadership to startup, turnaround, and emerging growth companies. Frank began his career with PepsiCo and within three years was named Executive Vice President of Transportation and Advisor to the Board Chairman.

Frank left PepsiCo to create Devco, a process technology company in the Middle East. After a successful exit from Devco, he returned to Tulsa, Oklahoma and served as General Manager in the design and construction of the Kensington Galleria, a 40-acre retail, office, and hotel complex for John Williams (Williams Companies).

He also founded Ten X Technology, a design engineering and manufacturing company in Austin, Texas where he served as its CEO and Chairman for 22 years. During this time, Oscar Wyatt, the founder of Coastal Corporation, retained Frank as Senior Vice President to lead JV development, asset liquidations and exit strategies across the globe.

Frank serves as an Advisor to a host of Family Offices and as a Board Director to private and public companies.

He is a '65 undergraduate and '71 MBA graduate of Texas A&M University and serves on numerous boards at TAMU. A passion for servant leadership, Frank enjoys mentoring and coaching students to reach their goals. Frank has three Aggie children and three Aggie grandchildren.

*“The Honor Foundation is not a job placement...it finds success in building somebody with confidence to go out and tackle problems in the world.”*

– Brad, THF Alumnus

## PROGRAM UPDATES AND FALL GRADUATIONS



Group 44, THF Fort Bragg

### Congratulations to our Fall 2021 Fellows!



Group 45, THF San Diego

The Honor Foundation is proud to celebrate the achievements of our Fellows who completed the program this Fall -- both virtually and in-person: Group 43 (THF Virtual), Group 44 (Fort Bragg), Group 45 (San Diego), Group 46 (Virginia Beach) and Group 47 (Camp Lejeune) -- 174 Alumni. THF

is honored and grateful to play a part in the transition journey of these remarkable men and women. These Fellows are not only leaving as Alumni with a renewed sense of purpose and an arsenal of tools to successfully complete their next mission in life, but also with bonds and friendships that last well beyond their time spent at THF.

In addition to each graduation offering a unique experience, they are a milestone for both our mission and the Fellows in the program, as it brings together the finest Tribes of faculty, coaches, mentors, leaders in the military community, employers, and supporters. Transition involves more than just the Fellow -- the journey is shared with family, friends and a network of advisors who are standing by and eager to serve those who have served us.



Group 46, THF Virginia Beach

Thank you to all those who shared the special evening with us -- Fellows and their families, Alumni, THF board members, staff, coaches, mentors, donors, faculty, and all honored guests. A special thank you to our honored commencement speakers [Dan Schulman](#), President and CEO of PayPal; [Brian Sweigart](#), Co-Founder and COO of Surefox North America; [Bruce Rose](#), CEO of Carrington Holding Company, and [Scott Adams](#), Executive Managing Director of Colliers (Virginia/Raleigh) for their inspiring words!

Thank you to the [Navy SEAL Foundation](#), [PayPal](#), [Carrington Charitable Foundation](#), and [Wounded Warrior Project](#) for your continued support, the THF Board of Directors, THF Tribes of Support, all of our Nonprofit and Community Partners, THF Alumni and our honored guests. These celebrations would not be possible without you.





*“Coming into The Honor Foundation...it helps mold you into what you’re expecting to be, what you’re wanting to do. It shows you what your interests are, it shows you what your dislikes are – it makes you marketable.”*

– Luis, THF Alumnus

## NEW APPLICATION DEADLINES

*THF is now accepting applications for all Spring and Summer 2022 Cohorts!*

If you are or know a member of the Special Operations Forces community who is 12-18 months from leaving active duty service, please encourage them to apply to our program by visiting [honor.org/apply](https://honor.org/apply).

### Completed application package deadlines

Spring 2022 completed application package deadline is **January 15**

Summer 2022 completed application deadline is **April 15**

### Completed Application Package Includes:

1. Submit online application
2. Submit two letters of recommendation from a peer/superior/THF Alumni
3. Submit a basic resume
4. Schedule an Interview with campus Program Director

*\*Instructions for steps 2-4 will be sent upon completion of online application*



### Start Dates for Spring 2022 Cohorts:

San Diego | Group 48 | **January 20**

Camp Lejeune | Group 49 | **January 20**

Fort Bragg | Group 50 | **January 24**

Virtual (THFv) | Group 51 | **January 26**

Virginia Beach | Group 52 | **February 3**

## CONNECTIONS OUTSIDE OF THE CLASSROOM

### THF Treks

THF Treks are one of the pillars of our Program -- an opportunity for Fellows to immerse themselves in various companies and organizations to learn about roles, culture, operations and a variety of industries. For our fall cohorts, our People Team organized a hybrid of Treks -- with several campuses having the opportunity to do in-person local visits while all cohorts participated in a virtual trek -- all to provide the learning opportunity to Fellows in our Program. These treks are aimed to create new connections to the Fellows to help with their transition after active duty service.

We cannot be more grateful to all the individuals and companies who helped make these events a success for our Fall Groups: NBA, Datamir, NFL Raiders, Carrington Mortgage Mortgage Services, Apollo Management, Texas A&M University, Bloomberg, Cargill, Qualcomm, Lux Capital, ServiceNow, Interlaced, Becton-Dickenson (BD), KPMG, STIHL, AGI, ADS, USGA and Gather 757. We sincerely appreciate your valuable time, efforts and continuous support of THF and the military community.

Thanks again for sharing your time with us! We sincerely appreciate your valuable time, efforts and continuous support of THF and the military community.

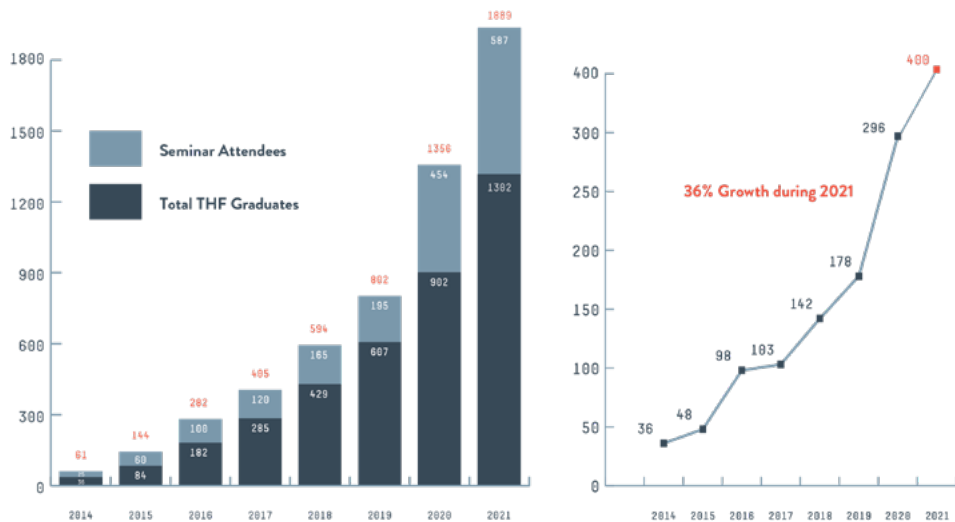


*“THF also helped me learn that there is a sense of service, not just while you are in the military, but for life.*

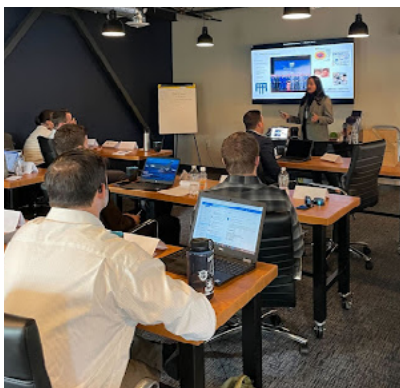
*THF serves for life...and that's what I do.”*

– Mike, THF Alumnus

## OUR 2021 REACH

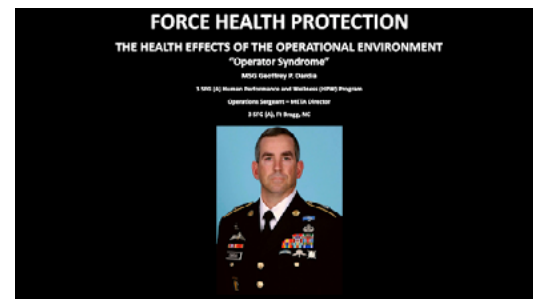


Our impact is growing. Year-over-year, with the additions of new campuses and seminars, The Honor Foundation continues to march forward to reach more transitioning members of the U.S. Special Operations Forces community.



Pictured: Ft Bragg Alumni Kasie Spearman presented to the Air Force Special Operations community during their ASCENT transition workshop, on her experience of The Honor Foundation, and the importance of utilizing its program.

## THF PROFESSIONAL SERIES



## ALUMNI FOCUS: THF PROFESSIONAL SERIES

Earlier this month, as part of its quarterly Professional Series webinars for Alumni, The Honor Foundation hosted a discussion with Master Sergeant Geoffrey Dardia and moderated by Matt Stevens on “Operator Syndrome.”

The informative and insightful presentation from Geoff touched on the health effects of the Operational Environment and what “Operator Syndrome” is – from its definition, its indicators, and being able to apply the military processes wellness and to facilitate better health decisions.

THF Alumni, stay tuned for 2022 dates and topics!

## EXPANDING OUR REACH



The Honor Foundation opened its fifth campus at Fort Bragg, North Carolina—home to the United States Army Special Operations Command and to the Joint Special Operations Command. This new campus, powered in part by THF’s partner, Wounded Warrior Project, will expand THF’s offerings to serve more U.S. Army Special Operations Forces (USASOC) as well as Joint Special Operations Forces stationed there.

THF Ft Bragg recently graduated Group 44 as the first official cohort of the new campus.



*"The Honor Foundation program is outstanding. You get to reinvent yourself, find out who you really are and then focus...and they show you how to do that."*

– Jason, THF Alumnus

## THF'S SWIM FOR SOF EVENT



Surefox



*On September 18, 2021, The Honor Foundation (THF) successfully completed its first ever Swim For SOF, a high-performance athletic challenge to raise awareness and funds to support Special Operations Forces veterans.*

The event raised thousands in donations, garnered lots of media attention, and was well-attended by supporters, families, and sponsors, amplifying THF's mission to help Special Operations Forces veterans transition from military to civilian life.

The event was spearheaded by THF alum Jason Goyanko, who worked tirelessly for months to bring it to fruition. 45 members

of the Special Operations Community participated, completing a 3.3 mile open water swim from Coronado Island to the USS Midway Museum in San Diego, with runs and tribute workouts along the way. THF Alumnus Scott Rathke was the first male to complete the harrowing swim, and Emily Young was the first female. The event culminated with a tribute workout on the Midway flight deck, followed by a closing ceremony and special guest appearance from CBS's SEAL TEAM actor Justin Melnick.

Following the event, THF held a party and silent auction at the Intercontinental Hotel, where participants and supporters alike could celebrate the day's achievements. Swim for SOF, which was the very first event of its kind in San Diego, was made possible with the





*"The biggest takeaway that I would have from The Honor Foundation was networking capabilities. To me, that was huge.*

*It really showed you do need a strong network to be successful in the business world."*

– Mike, THF Alumnus

## THF'S SWIM FOR SOF EVENT CONT'D



**SAVE THE DATE:**  
**SWIM FOR SOF 2022**  
will be held on  
**September 17, 2022**



generosity and vision of title sponsor Surefox North America. Many other sponsors offered their support for the event, including Fitbit, Apollo Management, JP Morgan, R3, Bubs Naturals, and GovX. It would also not have been possible without the hard work and coordination of the USS Midway Museum, the Intercontinental San Diego, So Cal Maritime Support, Elite Maritime Services, and the 40+ event volunteers.

Surefox

fitbit

APOLLO

JPMORGAN CHASE & Co.

R3

BUBS  
NATURALS

GOV

Swim for SOF was a testament to not only the grit, stamina, and dedication of the community THF serves, but also to the loyal community it has built. With its mission achieved through this year's event, THF plans to continue it annually and looks forward to another successful event next year.

Visit [honor.org/event](https://honor.org/event) to stay up-to-date on all THF 2022 events!



*“The Honor Foundation helped translate my military skills, allowing me to propel me forward in my civilian job in a way that I did not ever see myself being able to do.”*

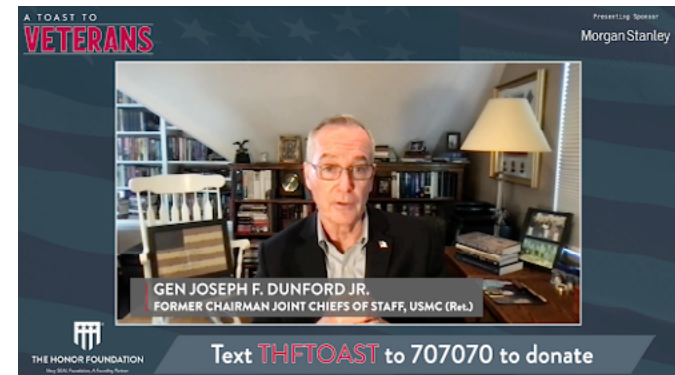
– Kat, THF Alumnus



Austin: One is NONE event with Skip Barber Racing



Houston Dinner | Presented by H. Malcolm Stewart



2021 A Toast to Veterans | Presenting Sponsor Morgan Stanley

We are also grateful for our growing partnerships with companies and grantors around the country such as PayPal, Surefox North America, Morgan Stanley, Texas de Brazil, Navy Federal Credit Union, Apollo Management, Cargill, FitBit/Google, Wounded Warrior Project, Bob Woodruff Foundation, LB Charitable Foundation, and Team Wendy. The success of these initiatives gives us the opportunity to serve more Fellows and help them achieve a successful transition

Thank you to everyone who has given their time, talent and treasure to THF in 2021! Be on the lookout for an event near you! In 2022 we are headed to Nashville, Dallas, San Diego, Los Angeles, New York, Washington, DC, Austin Houston and Tampa, and more! We look forward to seeing you at our events next year!

Check our [website](#) for 2022 event dates and details.

## FUEL FOR OUR MISSION:

### Recap of THF Fall Fundraisers

From in-person events such as Swim for SOF to virtual fundraisers like A Toast to Veterans, the THF Impact Team has been busy helping to keep our community of supporters involved and tied to our mission. We are humbled for the outreach, encouragement and participation to all who take part in our events and fundraisers, and thankful to those who have extended their personal networks to THF.



Austin Benefit Dinner | Presented by Surefox North America



Veterans Day Tribute WODs



*"The Honor Foundation was instrumental in helping me discover my "WHY"  
and illuminating the path that I've taken."*

– Michael, THF Alumnus

## SUPPORT OUR MISSION!

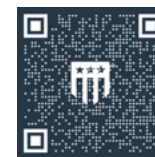
The past two years of the economic shift that has resulted from the ever-changing COVID-19 virus has created additional stress for transitioning service members, their families, and the organizations that support them. The Honor Foundation is more determined than ever to continue serving the needs of the SOF community through their transition from Active Duty service to civilian life.

### Why give to The Honor Foundation?

- To support the elite SOF veterans who have sacrificed so much for our freedom with fulfilling post-military careers.
- To assist the families of SOF veterans to ease the strain of the military-civilian transition.
- To foster our nation's next generation of great leaders to help build a strong economy and strong communities.

Please make an end-of-the-year gift to The Honor Foundation to help our elite forces transitioning out of uniform right now. Help us serve this special community with honor through this pandemic, and for life.

### Donate Today



### How to make the most of your end of year donations in 2021 to THF:

- Donate to THF through your Donor Advised Fund.
- Donate appreciated securities to THF to receive a tax credit and avoid capital gains.
- If you are age 70 1/2 or older and have an IRA, you may donate your required minimum distributions to THF and offset the tax liability.
- Distribution checks made payable to The Honor Foundation.
- Name The Honor Foundation in your will, trust, or estate plan.

For more information on these and other end-of-year charitable tax benefits, call 757.716.4027 ext. 701 or email [donate@honor.org](mailto:donate@honor.org).

**TESTIMONIALS**

This holiday season, consider donating to The Honor Foundation and help a U.S. Special Operator like Tom & Mary Kate succeed in their next mission as a civilian.

I had a great 26-year career. The SEAL community challenged me and allowed me to succeed on my own terms. I love my teammates for that.

Transition is an opportunity to balance a new life where you're not working and gone so much. It's a great comfort, relief, and satisfaction for me and my family that I get to spend more time with my kids now. Taking them to school, sports, taking them to the park, and we both have seen a lot of personal growth and enhanced satisfaction.

THF helped me understand the fundamentals of what to do. The curriculum is great for understanding self, values and personal way. I am thankful for The Honor Foundation. The way that the transition program takes care of the servicemembers is stupendous.

—Tom Duganovich, THF Alumnus, U.S. Navy SEAL

**THE HONOR FOUNDATION**  
Helping elite forces transition from military to civilian life

**2021 IMPACT**

- 36% more U.S. Special Operators served in 2021 than 2020
- 95% fulfillment rate at the request of active duty SOF commands

**TOTAL SERVICE MEMBERS BENEFITED**

Year	Senior Attendees	Total THF Graduates
2010	100	100
2011	150	150
2012	200	200
2013	250	250
2014	300	300
2015	350	350
2016	400	400
2017	450	450
2018	500	500
2019	550	550
2020	600	600
2021	650	650

For more information on these and other end-of-year charitable tax benefits, contact: [donate@honor.org](mailto:donate@honor.org), 757.716.4027 ext. 701

**These are the men and women of the United States Special Operations Forces.**

In the 20 years since 9/11, U.S. Special Operations Forces (SOF) have shouldered an intense burden defending our country's freedom and leading the war on terror.

The Honor Foundation provides the only comprehensive transition program for U.S. Special Operators, preparing them for a successful transition out of the military to civilian.

Despite being the highest performing members of our military, when it comes time to leave service, many SOF veterans struggle through transition. Being a member of an elite military unit with the intrinsic motivation to serve is synonymous with their identity. For this and many other reasons, 97% stated that they do not have the necessary tools to transition their military experience for a private sector career.

"I have been in numerous dangerous situations, but none was more stressful than the transition, none was more nerve-wracking for me and my family."

—Hyman (Alumnus), THF Alumnus, U.S. SWCC

Allow your appreciation to the incredible men and women of U.S. Special Operations provide a smooth transition from elite warrior to successful civilian leader.

—Tina Smith, THF Alumnus, U.S. Marine

"I had no idea how my skill set was going to translate into the private sector."

—Tina Smith, THF Alumnus, U.S. Marine



*"THF gave me more than I could ever repay in the form of a proven process to effectively translate my military and government service, find out what truly drives me, create a network (the right way) that values and desires this drive, and set the right course for transition."*

– Ryan, THF Alumni

## THF + WOUNDED WARRIOR PROJECT

For the third straight year, The Honor Foundation is proud to be a partner with the Wounded Warrior Project (WWP) to support transitioning members of the Special Operations Forces community. WWP has been instrumental in the launch of the THF Fort Bragg Campus and continuing to support the THF organization.



Together, along with several other exceptional military veteran-focused nonprofits, THF can provide care and assistance to the transitioning individuals, their families, and the military communities in need.



CHARITABLE FOUNDATION

## THF + LB CHARITABLE FOUNDATION



The Honor Foundation is a proud grant recipient of LB Charitable Foundation and their support of the local military community in San Diego. Thank you to their entire team for believing in the THF mission and helping the Fellows and future Fellows of the THF Program through your generous contribution.

## THF + BOB WOODRUFF FOUNDATION

We are proud to announce that The Honor Foundation has received a grant from the Bob Woodruff Foundation (BWF) to support our Fort Bragg Campus. BWF leverages its expertise and collaborative network to find, fund and shape innovative programs that help our impacted veterans, service members and their families thrive.

As a nonpartisan leader in the military-veteran community, the Bob Woodruff Foundation brings transparency and credibility to its partners and complements their efforts. Receiving a grant from BWF is an honor that recognizes the dedication, focus and effectiveness of our staff, volunteers and supporters.

You can learn more about the Bob Woodruff Foundation at [bobwoodrufffoundation.org](https://www.bobwoodrufffoundation.org). We encourage you to follow @bwforg and @GotYourSix on Twitter and like BWF's page on Facebook at <https://www.facebook.com/BobWoodruffFoundation>.

*“The Honor Foundation has been an instrumental part of my transition. Through expert coaching, education and a staff that truly cares about the success of the soldier, I have been able to translate military success into marketable skills.”*

– Derek, THF Alumnus

## ADVICE TO FUTURE FELLOWS



Honor Foundation Fellows,  
Well, here I am, in the position of being retired and I was asked to share my experiences of going through the program, as well as offer any pearls of wisdom that some of you may find useful. Hmmm...

I got asked to do that on September 7th 2021. This day holds some significance for me. I graduated from

Quartermaster “A” school on this day in 2001. This day also (oddly enough) is the day that I officially retired from the Navy in 2021. As we say in the West Indies, “Me fresh out!” It’s now November 14th 2021; why has it taken so long for me to do this, considering that we are so used to working on deadlines within the confines of the military? It’s not for lack of desire to complete the request, but I truly have been busy and sometimes (as you will find out when you leave the security blanket of the military and are your own boss), you will have to really stack and prioritize what you can or cannot do.

First and foremost regarding The Honor Foundation (THF), what an incredible organization, what a worthwhile mission statement, and the skills gained through the course pillars are invaluable. The first step though is on YOU. To put it bluntly, if you have the opportunity to go through a program such as this and you decline, you really are being shortsighted. The military is great in being able to galvanize its workforce towards specific

mile markers in the completion of its goals. Additionally, add in the element of working in a high stress/no fail environment, and you create a dynamic, fluid and culturally diverse workforce that expects nothing but the utmost performance of all involved. The military is very much a TEAM, but individuals that strive for excellence are rewarded for their efforts with rank, public praise and more responsibility. That understanding of TEAM, on the job experience, and recognized reliability, are huge advantages that service members bring to the table when entertaining thoughts of reentering the civilian world and its workforce.

Before I joined the military, I was a “jack of all trades and a master of none”. I had worked in over 10 different job descriptions and had logged trips to numerous worldly locales, which gave me an education not gained in a normal academic setting. It helped me fit in right away in working and getting along with others, and I had a great understanding of “finishing what is started”. But not everyone has that same scenario pan out for them and may be ill equipped when thinking that it is time to move on. The aforementioned pillars that you will go through really delve into subject matter that most don’t normally consider or understand how to advocate for; you and your worth. Yes, you and your worth, which is very contrary as in the military it is expected that you are working towards the greater good. Once you leave the service though, you need to know how to campaign for yourself, because as we know, no one is going to advocate better for you than you. These points are where THF really makes its mark.

Through the progression of the cohort class, you will have expectations placed on you by way of assignments that need to be completed, as well as attending the sessions, all after having completed a full day’s work. These are expected to be completed and ready for discussion and review under the “honor system”. Add in if you have a family or numerous distractions, and you can easily understand that some people become overwhelmed and may opt to not fully participate in all of the activities. Fortunately for us as service members, we have been tempered under heat and know how to adapt. Additionally, one of the great perks of the program is that you are allotted an individually selected mentor, who has been there, done that, and has made more mistakes in the course of their own journey, and will give you the sage wisdom and support to minimize these mistakes on your path. All of this is done to inculcate your mind towards success.

You are going to fail, you are going to feel frustrated, you are going to feel vulnerable. You are not alone. Be open to professional criticism, stay accountable, be open to trying new things and processes and above all, be humble. Stay the course and polish your “diamond”. You will be successful. There are a legion of THF Alumni who have gone before you who can attest to this.

Good luck Fellows!

**SOCS Ajay James, SEAL (retired)**



*“After a 30 year career I wasn’t sure what was next for me, I struggled with the loss of identity and where I could add value outside of the Navy. THF helped me find my purpose and allowed me to transition from the Navy with confidence.”*

– Jerry, THF Alumnus



**NAVY SEAL  
FOUNDATION**  
**VETERAN SUPPORT  
PROGRAMS**

## OUR FOUNDING PARTNER’S EXTENDED RESOURCES

### Navy SEAL Foundation

The Navy SEAL Foundation (NSF), THF’s Founding Partner, is committed to meeting the unique needs of SEAL and SWCC veterans. They maintain numerous programs for these warriors and their families during transition, as well as post-service, across their five Pillars of Support:

#### **STRENGTH:**

Building Capabilities & Reducing Stressors

#### **EDUCATION:**

Providing Scholarships & Development Opportunities

#### **HEALTH:**

Enhancing Physical & Mental Wellness

#### **RESILIENCE:**

Addressing Tragedy & Aiding Recovery

#### **COMMUNITY:**

Empowering Connections & Preserving Legacy

### **Programs Include:**

#### **Career Transition Assistance**

Connecting transitioning veterans to experts in networking, resume building, and mentorship opportunities

#### **Human Performance**

Providing a specialized program for veterans aimed at addressing the physical and mental effects of service while optimizing their quality of life

#### **Mental Health**

Giving veterans and their families access to clinical psychologists skilled in addressing their unique mental health concerns

#### **Veteran Crisis Assistance**

Funding a one-time payment of \$2500 in emergency funding for veterans in support of any financial hardship

#### **Certificates and Licenses**

Creating opportunities for veterans by advancing their skillset, establishing qualifications, and differentiating their knowledge in technical and unique job sectors

#### **Scholarships and Test Prep Assistance**

Offering retirees and their families the opportunity to obtain scholarships, test preparation assistance, or a living stipend

#### **SEAL/SWCC Reconnect**

Helping in the execution of veteran reconnect events including financial support, planning assistance, and information dissemination

#### **To find out more, visit:**

[Transition Assistance](#)

[Information Request](#)

[Request Support](#)

*“Making the time for THF’s program was the best decision I made during my transition and I am forever grateful for the opportunity.”*

– Chris, THF Alumnus

## SUPPORT THROUGH AMAZONSMILE

**Receiving Amazon packages on your doorstep isn’t the only reason to smile!**



Every time you select The Honor Foundation as your charity of choice through AmazonSmile, Amazon donates 0.5% of the price of your eligible purchases to helping Fellows and future Fellows of our program.

So before you, your friends or family members are ready to checkout, make sure to link THF to your account and give those transitioning members in the SOF community a reason to smile too!

## SOFX SUPPORTS THF



*SOFx is a valued partner of The Honor Foundation and a great help to our recruitment efforts for future Fellows of our program.*

Please consider subscribing to their free newsletter for the latest news and opportunities across Special Operations and the Private Military Contractor world. Sign up is on the home page : [www.sofx.com](http://www.sofx.com) and they will not rent, sell or share your data.

**Thank you for helping to spread awareness of our program, SOFX!**



## ANOTHER WAY TO GIVE!

The Honor Foundation has partnered with CARS (Charitable Adult Rides & Services) to help run our vehicle donation program.

We are grateful and excited to move forward together to serve the Special Operations Forces community, especially with an experienced nonprofit who has been processing vehicle donations for more than 16 years.

If you’d like to donate your vehicle, call 844-55-HONOR or visit [The Honor Foundation’s](https://www.thehonorfoundation.org) homepage to submit a secure online donation form.

You may also email [donorsupport@careasy.org](mailto:donorsupport@careasy.org).

## THF TODAY :

1302

FELLOWS THROUGH PROGRAM

Alumni who completed the THF Program over the past seven years

400

FELLOWS GRADUATED

Fellows graduated in 2021

5

CAMPUSES

Located in San Diego, Virginia Beach, Camp Lejeune, Fort Bragg, and Virtual (THFv)



*"Thank you for the opportunity for great self-reflection and opening my eyes to more than just what I should be doing, and giving me the beginning foundation on why I should be doing what and how."*

– Manny, THF Seminar Attendee

## NEW THF VIDEO



### [A Warrior's Path to Transition \(S2E1\)](#)

Listen to the stories of several THF Alumni as they take you through their transition journey and reflect on their lives before, during and after active duty service in Special Operations.

## THF + CALIFORNIA SCHOOLS VEBA



California Schools VEBA and The Honor Foundation recently teamed up to release a special video that featured several THF Alumni and other special guests sharing their stories about mental health as they transitioned from Active Duty service to civilian life.

The Honor Foundation is honored to have been part of this project. Watch the full video for "Breaking the Stigma" [HERE](#).

## THF IN THE NEWS

[San Diego Business Journal](#)

[CANI Project Video](#)

[Spotlight On National Speed](#)

[Combat Leadership Podcast](#)

[SOFcast Podcast](#)

[Signal Fire Radio Podcast](#)

[R3 Strategic Support Group Blog](#)

[THF Opens New Campus at Fort Bragg](#)

[Military.com](#)

[Defense Media Network](#)

[Yahoo Finance:](#)

[Intrado Newswire](#)

[The Tampa News](#)

[Detroit Star](#)

[Benzinga](#)

[Business Wire](#)

[The M Report](#)

[Matt Topley](#)

[Global SOF Foundation Blog](#)

[The Pilot](#)

[San Diego Union Tribune](#)

[Wilmington Biz](#)

[Channel 10 News](#)

[Fox5 News](#)

[CBS8](#)

[SOFX](#)

[News Chant](#)

[WFMZ-TV69 News](#)

[PRWeb](#)

[WBOC-TV CBS16](#)

[KTVN-TV CBS2](#)

[The Cowboy Channel](#)

[1st Discount Brokerage](#)

[Ascensus](#)

[Benefit Plans Administrative Services](#)

[Dow Theory Letters](#)

[Value Investing News](#)

[Greensea Technology Blog](#)

[Wounded Warrior Project](#)

[PR Newswire](#)

[69News](#)

[The Desert Review](#)

[WBOC](#)

[Shelby County Reporter](#)

[Salisbury Post](#)

[The Vicksburg Post](#)

[The State Journal](#)

[The Democrat](#)

[WRDE Coast TV](#)

[LaGrange Daily News](#)

[The Coastland Times](#)

[Port Arthur News](#)

[Troy messenger.com](#)

[The Atmore](#)

[Advance](#)

[San Diego Union Tribune](#)

[MedTechVets Blog](#)

[Businesswire](#)

[PRweb](#)

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[Bob Woodruff Foundation](#)

[Spotlight On Greensea](#)