

# PERFORMANCE COACHING BENEFITS

Our training and coaching services are available to all Department of Defense Personnel, including civilians and Family members.

## ★ Enhance Resilience

Strengthen your ability to cope with adversity, adapt to change, and thrive under challenging conditions.

Resilience is a process that requires adoption of productive thoughts, actions, and habits that can be learned.

## ★ Optimize Performance

Develop skills to think, feel, and act in a manner that optimizes performance. Increase your self-awareness and be more confident in demanding environments and with occupational and combat-specific tasks.

## ★ Build Unit Cohesion

Build cohesive teams with stronger connections and effective communication techniques to foster a culture of trust.

Scan the QR code to find out more online at:  
[www.armyresilience.army.mil](http://www.armyresilience.army.mil)



**ARMY  
RESILIENCE  
DIRECTORATE**

# WHERE TO FIND US

Building 2620, 2802 Harney Path  
Fort Sam Houston, 78234

Located at the corner of Schofield and Scott Road  
(On the same side of the street and next to the FSH  
Car Care Center/Shoppette Firestone)

For more information, contact:  
Master Resilience Trainer-Performance Experts  
(MRT-PEs)  
(All team members are Army contractors)

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# ONLINE RESOURCES

**Army Resilience Directorate:**  
<https://www.armyresilience.army.mil>

**Facebook:** [@ArmyResilience](https://www.facebook.com/ArmyResilience)

**Twitter:** [@ArmyResilience](https://www.twitter.com/ArmyResilience)

**ArmyFit/Azimuth Check:**  
<https://armyfit.army.mil>



# OPTIMIZE MENTAL READINESS



# FIND OUT HOW YOUR LOCAL R2 PERFORMANCE CENTER CAN HELP



JBSA - Fort Sam Houston  
**R2 PERFORMANCE  
CENTER**

## COACHING AREAS

**Performance Enhancement:** This skill set from the field of sport and performance psychology is primarily aimed at improving measurable Army performance.

- ★ Mental Skills Foundations
- ★ Building Confidence
- ★ Attention Control
- ★ Energy Management
- ★ Goal Setting and Motivation
- ★ Integrating Imagery
- ★ Team Building
- ★ Climate/Culture Improvement

**Academic Performance:** This skill set from the field of education is primarily aimed at improving performances in the classroom setting and is modeled after the U.S. Military Academy's Academic Excellence program.

- ★ Learning Mindset
- ★ Planning and Prioritization
- ★ Study Hacks
- ★ Expand Your Memory
- ★ Power Reading
- ★ Effective Note Taking
- ★ Peer Learning
- ★ Master Essay Questions/Short Papers
- ★ Master Tests

**Master Resilience Trainer Course:** 14 skills from the field of positive psychology are aimed at helping individuals and units bounce back from and thrive in the face of adversity. Resilience training is provided in the form of a 2-week (80 hour) intensive course called the Master Resilience Trainer (MRT) Course. Course graduates are expected to provide resilience training at the unit level throughout the year.

## PERFORM TO YOUR POTENTIAL

- ★ Weapons Qualifications Scores
- ★ Army Combat Fitness Test (ACFT) Scores
- ★ Battle Drills, Simulation Center, STX, Complex Field Problems
- ★ EFMB (Expert Field Medical Badge) Performance/Tests
- ★ Combat Paramedic Program, Advanced Infantry Training (AIT)
- ★ Boards (Promotion, Soldier/NCO of the Month, etc.)
- ★ Preparation for Army Schools Competitions
- ★ Warrior Games, Best Warrior, Best Medic, etc.
- ★ Academic Performance for MEDCoE AIT and Graduate Programs



## CAPABILITIES

- ★ **Mastery Coaching**— Performance Experts offer individualized (one-on-one) coaching to cater to specific personal performance needs.
- ★ **OPD and NCOPD**— Performance Experts serve as guest speakers at select OPD and NCOPD events.
- ★ **Company Commander/1SG Pre-Command Course**— At this course, we provide an overview of R2 Performance Center resilience training and performance coaching and training tailored for specific mission functions.
- ★ **Biofeedback**— Use technology to get a glimpse of your body's systems and train for optimal health and performance.
- ★ **Team Building**— Develop strong, cohesive organizations to improve group dynamics and team success.
- ★ **ENGAGE**— Offering help to another person is a conscious process and is dependent on our ability to say “yes” at critical choice points. Engage teaches what those choice points are and how to help a battle buddy before a problem escalates.
- ★ **Ask, Care, Escort – Suicide Intervention (ACE-SI) Training for Trainers (T4T)**— This course prepares suicide prevention professionals to teach the 8-hour ACE-SI training to end-users. Successful completion of the T4T course and teach-backs are required in order to be certified to conduct the ACE-SI training. This course assists leaders in identifying Soldiers at risk for suicide so they can intervene and connect them to the appropriate resources.
- ★ **Squad Leader Development Course (SLDC)**— This course gives squad leaders the opportunity to reflect on their leadership style and learn to employ evidence-based leadership skills to forge cohesive Army units that are strong and resilient in the face of any challenge.