

Medical and support professionals face unique **Cognitive Demands!**

Shift work challenges your sleep, your focus, and your energy. Build a tailored plan with an Army **READY and **RESILIENT (R2)** Coach to enhance decision making under fatigue, regulate stress, and accelerate your recovery.**

Available anywhere - R2 Teams have options to meet your needs!

JBSA-FSH R2 Performance Center, 2802 Harney Path, BLDG 2620, Ft. Sam Houston, TX 78234; Office: 210-808-6089; Email: fshr2performancecenterteam@army.mil



WHO?

You!

Unit training & Individual Performance Coaching is open to all Soldiers, DoD Civilians or Family members interested in improving mental performance.

Regular Army, ARNG, USAR Soldiers, and their families are eligible for no-cost mental performance coaching anywhere in the world.



HOW

R2 Performance Coaches provide unit & one-on-one coaching in person at installation performance centers, on location at relevant training sites, or remotely from your home or office.

R2 Performance Coaches work with you to identify your needs, prioritize skills and tools, and develop a tailored training plan to support your goals.



WHY?

Equip your unit & yourself to perform at their best!

- ✓ Combat stressors and enhance focus and discipline
- ✓ Sharpen decision-making and executive function
- ✓ Enhance self-regulation and stress management

Your R2 Performance Teams can help you target exactly what you need to succeed.

Mental Readiness is within reach. Scan the QR code to download the Individual Mastery Performance Coaching (IMPC) consultation and/or the unit training support request (TSR) form, or go here to learn more about what R2 Performance Teams can do for You or your Unit:

<https://www.jbsa.mil/Resources/Resiliency/R2-Performance-Center/>

