



U.S. ARMY

Individual Mastery Performance Coaching (IMPC) Request For R2 Coaching Consultation



Army Ready and Resilient Performance Teams (R2PTs) coach, train and assist Leaders, Soldiers and Sponsored Dependents across the Total Army. US Army R2PTs provide in-person, virtual and mobile training team support to meet Army needs around the globe.

Purpose: This form is used to initiate a request for **one-on-one or small team performance coaching** with an R2 Performance Expert (R2PE). The information provided will be used to schedule an initial consultation with an R2 PE who can help you meet your performance goals.

Instructions: Please complete **SECTION 1** of this form and submit by email to the R2 Performance Team nearest you. If you are unsure which R2 Team is closest to where you are, simply submit this form by email to resilience@army.mil and an R2PE near you will reach out to schedule your initial consultation.

Section 1: Participant Information

- | | |
|--|---|
| a. LastName: | i. Country of Residence: |
| b. FirstName: | j. State of Residence: |
| c. DoDID #: | l. Zip Code: |
| d. Unit (Service Member Only): | k. Cell Number: |
| e. Preferred Email Address: | |
| f. Preferred Time of Day for Initial Consultation: | Morning Afternoon Evening |
| g. Preferred Method of Coaching: | In-Person Virtual Blended Don't Know |
| h. Briefly Describe why you would like to meet with an R2 Performance Coach: | |

Statement of Acknowledgement:

I understand that R2 PEs provide performance enhancement training to improve mental agility and cognitive performance. R2 Teams do not provide other services such as medical, behavioral health, strength and conditioning or athletic trainer services. R2 Performance Experts can assist with goal setting, identification of barriers to success, and can provide tailored skills training to help me improve academic, athletic, professional and/or operational performance. I would like to meet with an R2 PE to discuss my specific goals and needs.

By signing below, I acknowledge that I will be required to review and sign a more detailed Informed Consent form if I decide to proceed with performance coaching before my training can begin.

Type or Sign Your Name:

Today's Date:

Section 2: R2 Performance Team Assignment

Received by:

R2 IMPC Tracking #:

Assigned to:

R2 PE Signature:



COMPLETE SECTION 3 BELOW



Individual Mastery Performance Coaching (IMPC) Request For Consultation

**Submit your Request for Performance Coaching to the
R2 Performance Center Team nearest You!**

<u>Local Performance Center</u>	<u>R2 Team Email Address</u>
JBSA-FSH R2PC	fshr2performancecenterteam@army.mil

<u>Rank / Student MOS</u>	<u>Unit Phone Nbr / Drill Sergeant POC</u>

HOW TO FIND THE R2 PERFORMANCE CENTER

