

# BENEFITS

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

## ★ Optimize Performance

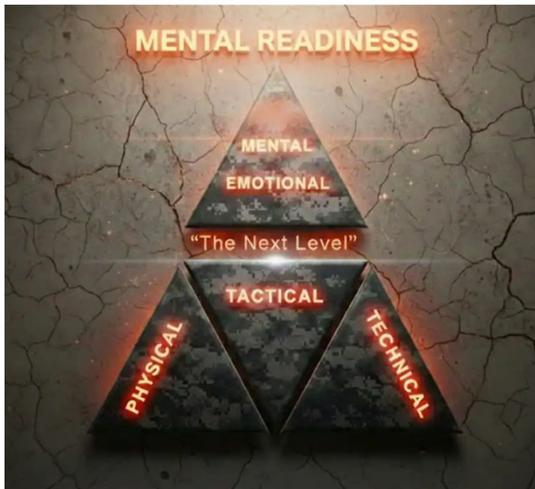
Develop skills to think, feel, and act in a manner that optimizes performance. Increase self-awareness, self-regulation, and confidence in demanding environments with occupational and combat-specific tasks.

## ★ Enhance Resilience

Strengthen your ability to cope with adversity, adapt to change, and thrive under challenging conditions. Resilience can be learned through productive thoughts, actions, and habits.

## ★ Build Unit Cohesion

Foster a culture of trust through stronger connections and effective communication.



# FIND OUT HOW YOUR R2PC CAN HELP

2802 Harney Path, BLDG 2620  
Fort Sam Houston, 78234

Located at the corner of Schofield and Winfield Scott Roads (behind the Firestone Complete Auto Care/Shoppette)

## For more information, contact:

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## ONLINE RESOURCES

**U.S. Army Transformation and Training Command:**  
<https://www.army.mil/t2com>

**Facebook:**  
<https://www.facebook.com/transformationandtrainingcommand>

**LinkedIn:**  
<https://www.linkedin.com/company/transformation-and-training-command>

**JBSA Community Guide:**  
<https://crg.amedd.army.mil/guides/dru/jbsa>

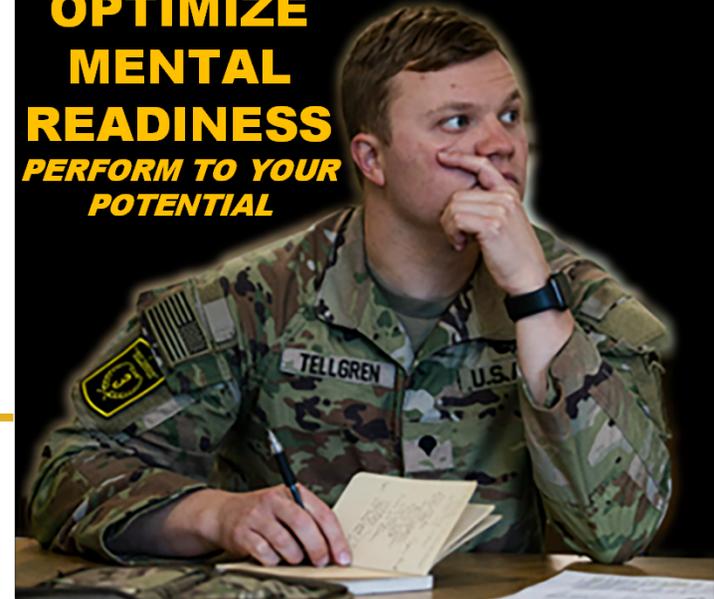


JBSA - FORT SAM HOUSTON

**R2 PERFORMANCE CENTER**



**OPTIMIZE  
MENTAL  
READINESS**  
*PERFORM TO YOUR  
POTENTIAL*



# PERFORMANCE COACHING

**Performance Enhancement:** Focused on improving measurable Army performance using sport and performance psychology.

- ★ Mental Skills Foundations
- ★ Confidence
- ★ Attention Control and Mindfulness
- ★ Physiological Regulation
- ★ Goal Setting and Motivation
- ★ Emotion Regulation
- ★ Post-Performance Review
- ★ Team Building

**Academic Performance:** Focused on improving classroom performance, 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

**Resilience Training:** 14 skills from positive and social psychology aimed at helping individuals and units thrive in the face of adversity.

- ★ Build Self-Awareness and Self-Regulation
- ★ Identify Strengths of Character
- ★ Build Optimism and Connection
- ★ Mental Agility

# CAPABILITIES

The R2 Performance Centers offer a broad range of capabilities focused on **optimizing human performance** and **strengthening mental readiness** across the force. The core services emphasize a proactive, holistic approach to the Soldier's mental and relational well-being.

- ★ Army Fitness Test (AFT) Scores
- ★ Simulation Center, FTX/STX/CULEX
- ★ Expert Field Medical Badge (EFMB)
- ★ Boards (Audie Murphy, Promotion, Soldier/NCO of the Month)
- ★ Preparation for Army Schools
- ★ Warrior Games, Best Warrior, Best Medic, Best Squad
- ★ Study Skills and Learning Strategies for Advanced Individual Training (AIT) and Graduate Students
- ★ Leadership Development
- ★ Unit Climate/Culture Improvement



# PERFORM TO YOUR POTENTIAL

## Individual & Small Group Coaching:

These services are designed for personalized development and immediate performance enhancement.

- ★ **Mastery Coaching** – Performance Experts offer individualized (one-on-one) coaching to cater to specific personal performance needs.
- ★ **Biofeedback** – Use technology to get a glimpse of your body's systems and train for optimal health and performance.

## Unit & Leader Development:

These courses are designed to strengthen leadership, team dynamics, and unit resilience.

- ★ **Squad Leader Development Course (SLDC)** – Gives squad/team leaders the opportunity to reflect on their leadership style and learn to employ evidence-based leadership skills to forge cohesive Army units that are mentally strong and resilient.
- ★ **OPD and NCOPD** – Performance Experts serve as guest speakers at select OPD and NCOPD events.
- ★ **Team Building** – Develop strong, cohesive organizations to improve group dynamics and team success.

## Suicide Prevention & Intervention:

These critical programs teach actionable skills for connecting with and helping fellow Soldiers.

- ★ **ENGAGE – Bystander Intervention** – Helps participants develop the ability and skills to take responsibility to intervene safely, early, and effectively with a team member, subordinate, or supervisor before a problem or issue escalates.
- ★ **Ask, Care, Escort – Suicide Intervention (ACE-SI) Training for Trainers (T4T)** – Trains suicide prevention professionals to deliver the 8-hour ACE-SI course. Certification requires completing the T4T program and teach-backs. The course equips leaders to identify Soldiers at risk, intervene, and connect them with appropriate resources.