



## **Training Support Request-Local (TSR-Local)** **Ready and Resilient Performance Center (R2PC)**

### **TO REQUEST TRAINING FROM AN R2PC ON YOUR INSTALLATION**

- 1. Identify Training Needs:** Determine your unit's specific Mental Readiness training requirements, such as leadership skills or stress management, to be delivered by your installation's R2PC. For scheduling purposes, please allow 6-8 weeks.
- 2. Complete the Request Form:** Fill out the R2 Training Support Request (TSR-LOCAL) Form, ensuring SECTION 1 includes accurate details on training objectives, location, dates, and desired outcomes.
- 3. Submit the Form:** Email the signed form, **endorsed by the Unit Commander or Senior Enlisted Leader**, to the JBSA FSH R2 Performance Center Manager (R2PCM), Ed Bojorquez at [eduardo.bojorquez.ctr@army.mil](mailto:eduardo.bojorquez.ctr@army.mil) and CC Administrative Assistant, Leshia Bryant at [lesha.f.bryant.ctr@army.mil](mailto:lesha.f.bryant.ctr@army.mil).
- 4. Review and Approval:** Once the R2PCM has obtained enough information to complete the tentative plan, a Performance Expert (PE) will contact you within 48-72 hours to clarify details for scheduling.

Then, our PE from the R2PC will provide you and your Training POC with a Concept of Operations (CONOPS) of the proposed training plan for your review and approval.

- 5. Finalize Coordination:** After approving the CONOPS, collaborate with the PE to arrange facilities, resources, and schedules for training execution as needed.

**Please call our office at 210-808-6089 or email PCM and/  
or Administrative Assistant, for more information.**

**JBSA-FSH R2 Performance Center  
2802 Harney Path, Bldg. 2620  
Fort Sam Houston, TX 78234**



R2 Performance Centers can help you enhance mental performance, optimize training, and strengthen teams. Performance Experts (PEs) have advanced degrees in sport and performance psychology and use evidence-based methods to improve individual and unit performance.

Resilience	Performance Enhancement	Leader Enhancement & Unit Cohesion	Prevention & Intervention Training
<ul style="list-style-type: none"> <li>• Executive Resilience and Performance Courses (ERPC)</li> <li>• Deployment Cycle Resilience Training Certification (DCRT)</li> <li>• Unit Level Training</li> <li>• Gaining Resilience in Training (GRIT)</li> </ul>	<ul style="list-style-type: none"> <li>• Unit-specific training: Requested through Training Support Requests</li> <li>• Mastery sessions (One-on-One Coaching)</li> <li>• Study Skills</li> </ul> <p><b>Mental Readiness:</b></p> <ul style="list-style-type: none"> <li>• Emotional Regulation</li> <li>• Building Confidence</li> <li>• Attention Control</li> <li>• Mindfulness</li> <li>• Motivation</li> <li>• Mental Skills Foundations</li> <li>• Physiological Regulation</li> <li>• Post Performance</li> </ul>	<ul style="list-style-type: none"> <li>• Squad Leader Development Course (SLDC)</li> <li>• Great Teams Workshop</li> <li>• Counseling Enhancement Workshop (CEW)</li> <li>• Gaining Resilience in Training (GRIT)</li> <li>• Leader Development Course (LDC)</li> </ul>	<ul style="list-style-type: none"> <li>• ENGAGE – Prosocial behavior and bystander intervention</li> <li>• ENGAGE (T4T) Certification Course</li> <li>• Ask Care Escort – Suicide Intervention (ACE-SI) T4T/Tier 2</li> </ul>

PEs can customize training based on your needs and availability to suit any number of performances and facilitate a singular training experience or run a series of workshops to help achieve mental skill mastery. PEs can provide training at the range, the gym, your unit, or in our Performance Center.

