



Ready and Resilient (R2) Training Catalogue

Military personnel often train the physical, tactical, and technical elements of a performance, but mental skills training is just as vital to enhance results. Ready and Resilient (R2) Performance Experts provide training that creates the foundation for individuals to

- build and sustain personal readiness and resilience
- develop skills and techniques to develop strong teams
- overcome barriers to performance, from environmental distractions to self-doubt
- execute their objectives consistently and perform to their fullest potential



R2 provides flexible training and support to Soldiers—active duty, reserve, National Guard—and their families and support networks at 33 locations Army-wide. These sessions can be delivered anytime, anywhere, and are customized to fit missions, whether in a classroom, field, or one-on-one.

Mental Skills – Performance Enhancement

Training mental skills routinely as you practice the performance itself helps you perform optimally. Skills include:

- Academic Performance Training
- Attention Control
- Biofeedback
- Building Confidence
- Emotion Regulation
- Energy Management
- Goal Setting
- Integrating Imagery
- Mental Skills Foundation
- Mindfulness
- Post-Performance

Resilience Life Skills

Strengthen your mental toughness, relationships, character, and key skills like critical thinking, problem solving, and effective communication.

- Active Constructive Responding
- Activating Event, Thoughts, Consequences
- Assertive Communication
- Avoid Thinking Traps
- Character Strengths
- Deployment Cycle Resilience Training
- Detect Icebergs
- Effective Praise
- Hunt the Good Stuff
- Mental Games
- Problem Solving
- Put It In Perspective
- Real-Time Resilience



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R2 Performance Centers offer a range of pre-packaged courses.

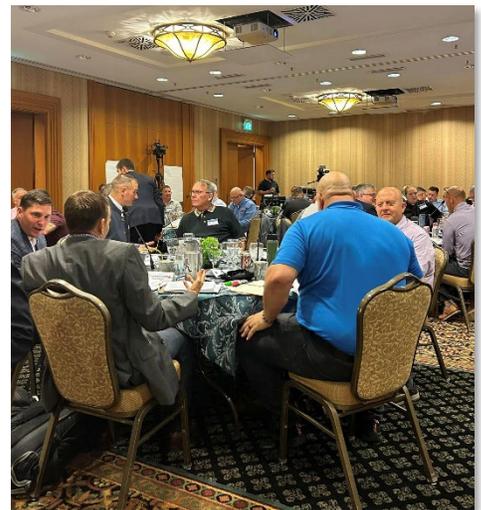
Intervention and Prevention

Build an environment to proactively identify issues before they become a real problem to reduce the need for critical interventions. R2 Performance Centers offer the following courses and train qualified personnel to train their units directly:

- **Deployment Cycle Resilience Training (DCRT):** Helps units, Soldiers, and DA Civilians maintain their resilience before, during, and after deployment.
- **Engage:** Develops the ability and skill to intervene safely, early, and effectively when something is happening that could potentially have adverse or drastic effects.
- **Engage Certification Course:** Prepares participants to deliver the 2-hour Engage training within their unit.
- **ACE-SI Tier 2:** Ask, Care, Escort – Suicide Intervention (ACE-SI) training reinforces key suicide intervention concepts in Army leaders to encourage subordinate trust and help-seeking behavior.

Leadership Development

- **Squad Leader Development Course:** A series of workshops that empower squad leaders to critically reflect on their leadership philosophy and learn to use evidence-based leadership skills.
- **Counseling Enhancement Workshop:** A series of workshops focused on enhancing counseling skills and improving relationships in a unit.
- **Great Teams:** A series of discussions aimed at solidifying or redefining a unit's culture: its shared philosophy, values, vision, and standards.
- **Leader Development Course:** Recognize and address mental factors necessary for consistently high performance. Use mental strategies during training to maximize leader attributes and accelerate unit excellence.
- **G.R.I.T.:** Enables leaders to build trust with their Soldiers by encouraging open dialogue through small-group and informal conversations, making it easier to address tough topics and gather accurate, timely insights.



To schedule training, contact your nearest R2 Performance Center.