



Executive Resilience and Performance Course



The **Executive Resilience and Performance Course (ERPC)** is designed to train Army Leaders (Company Commanders, First Sergeants, and above) and familiarize them with resilience and performance enhancement skills that Master Resilience Trainer - Performance Experts (MRT-PEs) provide Soldiers, Family members, and Department of the Army Civilians.

The course is available in **4-, 8-, and 16-hour blocks of instruction**. Ready and Resilient (R2) MRT-PEs deliver this executive-level curriculum. Depending upon time available and specific needs of participants the menu of skills presented is tailored from the following list of resilience and performance skills:



Hunt the Good Stuff

Hunt the good stuff to counter negativity bias and create positive emotion.



Active Constructive Responding

Communicate clearly and with respect, especially during a conflict or challenge.



Activating Event Thought Consequences

Understand your reaction to a situation.



Mental Skills Foundations

Get your thoughts to start working for you, rather than against you.



Goal Setting

Identify, plan for, and commit to the pursuit of a goal resulting in better performance, sustained motivation, and increased effort.



Avoid Thinking Traps

Identify and correct counterproductive thinking with mental cues & critical questions.



Energy Management

Take control of your physical state, bring focus to present, and perform more optimally.



Detect Icebergs

Identify and evaluate core beliefs and values fueling out-of-proportion emotions / reactions.



Put it in Perspective

Stop catastrophic thinking by identifying the worst, best, and most likely outcomes of a situation.



Integrating Imagery

Mentally rehearse performances.



Assertive Communications

Communicate clearly and with respect.



Problem Solving

Accurately identify what caused the problem and identify solution strategies.



Mental Games

Change the focus from counterproductive thinking to enable greater concentration.



Real Time Resilience

Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.



Character Strengths

Use these to overcome challenges, increase team effectiveness and strengthen leadership.



Attention Control

Bring heightened awareness to what's most relevant and keep it there amidst distractions.



Building Confidence

Think in deliberate and effective ways, you can create energy, optimism, and enthusiasm.



Effective Praise

Use praise to build mastery and winning streaks.

TESTIMONIALS

"This course showed me that it is within our ability to develop a more effective Soldier and develop a more positive attitude at the unit level."

- LTC Hunter Marshall, Commander of the 3-25 Aviation Regiment, 25th Infantry Division

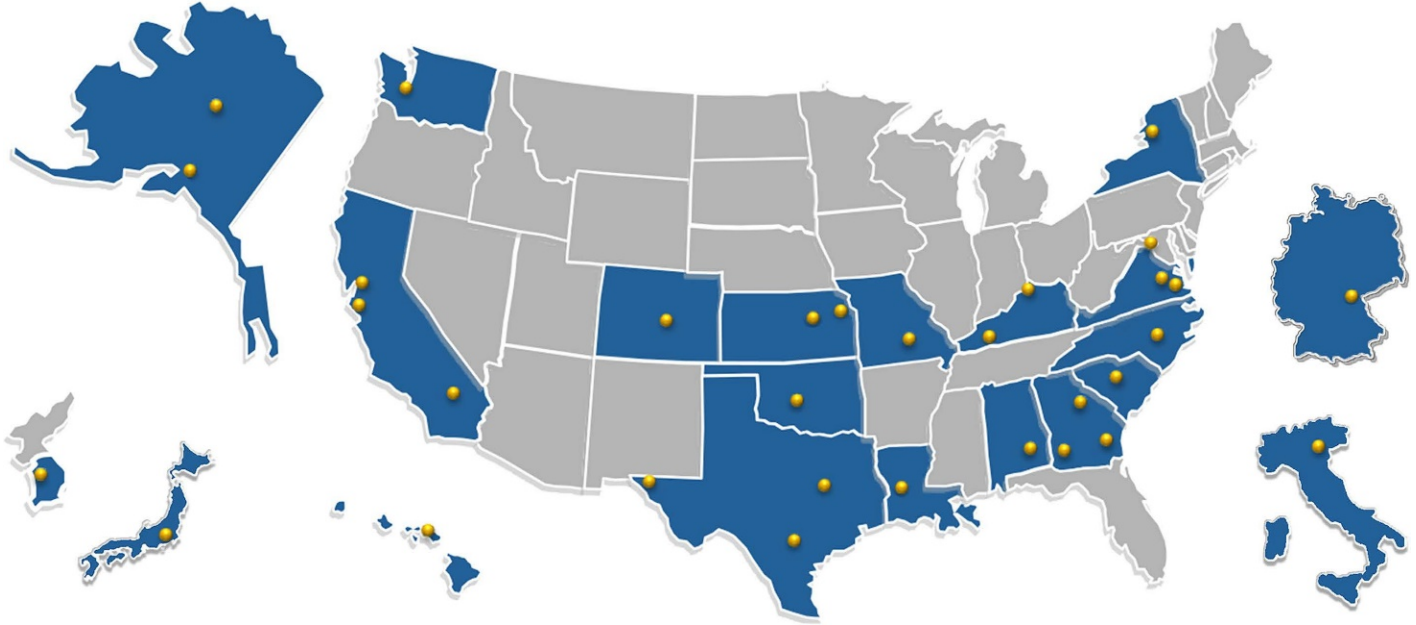
"The course was relevant and there is a definite need for it for our Warriors at all levels, including senior leaders at every echelon of command or responsibility. It provided real-time and hands-on experience and facts to which all attendees could relate."

- SGM Willene Orr, Joint Force Headquarters National Capital Region Command Career Counselor





ARD Performance Center Locations and Phone Numbers



R2 PERFORMANCE CENTERS

Camp Humphreys	DSN 315-755-0748	Fort Leonard Wood	573-563-4208
Camp Zama	253-968-7642	Fort Leavenworth	785-491-0876
Fort Belvoir (National Capital Region)	703-806-0613	Fort Polk	337-531-2427
Fort Benning	706-626-8563	Fort Riley	785-239-8835
Fort Bliss	915-568-6684	Fort Rucker	334-255-9203
Fort Bragg	910-908-4459	Fort Sill	580-442-6054
Fort Campbell	270-412-5390	Fort Stewart	912-767-4153
Fort Carson	719-526-0828	Fort Wainwright / Joint Base Elmendorf-Richardson	907-353-5803
Fort Drum	315-774-2321	Joint Base Langley-Eustis	703-571-7294
Fort Gordon	706-791-2582	Joint Base Lewis-McChord	253-968-7642
Fort Hood	254-288-4372	Joint Base San Antonio - Fort Sam Houston	210-808-6089
Fort Irwin	760-380-7885	Parks Reserve Forces Training Area / Presidio of Monterey / DLI	925-875-4808
Fort Jackson	803-751-5913	Schofield Barracks	808-655-9804
Fort Knox	502-624-3222	Vicenza, Italy	210-808-6089
Fort Lee	703-571-7294	Vilseck, Germany	DSN 314-476-2333

