

# R2 Performance Center



**ARMY  
RESILIENCE  
DIRECTORATE**



Ready and Resilient Ready and Resilient (R2) provides the foundation for individuals to build and sustain personal readiness and resilience. R2 provides training and education resources to Soldiers in Active Duty, Reserve, and National Guard, as well as Family Members and Department of the Army Civilians at 32 R2 Performance Centers across the Army.

