DIRECTORATE OF PREVENTION, RESILIENCE AND READINESS

Ready and Resilient (R2) Mastery Capabilities

Overview and Purpose

Ready and Resilient (R2) Performance Centers offer customized, one-on-one performance and learning enhancement training to individuals to address specific needs. The goal of a mastery training is to develop participants' full potential using a highly personalized and systematic educational and developmental process. Participants learn mental skills and academic strategies in individual meetings or small group settings to improve performance, increase fulfillment, and build overall personal strength and professional excellence.

Intended Outcomes of Mastery

Mastery training methods include discussions about how to physically, mentally, and emotionally approach and respond to performance situations. Participants may be asked to complete self-report questionnaires, do biofeedback training, and perform exercises outside of the mastery sessions to gain greater self-awareness and strengthen targeted mental skills.



Mastery Process

- Participant completes and submits Information Form to Performance Expert (PE) prior to initial meeting to give background and areas of performance they wish to enhance.
- PE tailors a training plan to meet the participant's needs, to include the number of sessions, content, and mental, resilience, or learning skills delivered.
- The training plan and any mastery goals are presented to the participant and agreed upon and are reviewed and restructured as appropriate throughout the mastery process.
- Once the mastery sessions are done, the participant completes an outtake evaluation and a post-test for each of the mental skills tests taken in the first session.

Potential Need for Referral

The relationship between the PE and the participant is performance-based, not clinical in nature. If the PE recognizes issues that are outside the scope of practice and they should need to refer the participant to another healthcare provider, they will follow site procedures as appropriate.

Confidentiality

The PE is bound by program policy to uphold confidentiality, professional ethics, and standards to encourage safety, trust, and self-disclosure of participants.

Contact your local DPRR R2 Performance Center for more information.