



# Executive Resilience and Performance Course (ERPC)

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 menu of skills presented is tailored from the following list of resilience and performance skills, depending on availability and needs:



### Hunt the Good Stuff

Counter negativity bias and create positive emotion.



### Integrating Imagery

Mentally rehearse performances.



### Active Constructive Responding

Respond to good news with interest to build respect.



### Assertive Communications

Communicate clearly and with relationships.



### Activating Event Thought Consequences

Understand how you react to a situation.



### Problem Solving

Accurately identify what caused a problem and identify solution strategies.



### Mental Skills Foundations

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



### Mental Games

Change the focus from counterproductive thinking to enable greater concentration.



### Goal Setting

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



### Real-Time Resilience

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



### Avoid Thinking Traps

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



### Character Strengths

Overcome challenges, increase team effectiveness, and strengthen leadership.



### Energy Management

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



### Attention Control

Bring heightened awareness to what's most relevant and maintain amidst distractions.



### Detect Icebergs

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



### Building Confidence

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



### Put it in Perspective

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



### 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."*

*"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."*