



Clarity Under Chaos: Mental Tools for Tactical Success

Performance Experts bring mission-driven mental skills to competitive settings, helping Soldiers sharpen focus, maximize training, and elevate team performance. They teach techniques to build cohesive squads that compete with discipline, confidence, and a warrior mindset.



Common Challenges Addressed:

- Pressure to perform
- Maintaining focus across multi-event challenges
- Mental and physical fatigue

Performance Expert Tips: If you are not deliberate with how you're thinking during a competition, you could quickly burn through your mental and physical resources. Ground yourself in the present to accomplish the task at hand: identify what you can see, hear, and feel in your immediate surroundings to refocus and get the job done.

Effectiveness in Action:

- PEs worked with 2nd Squadron, 3rd ACR in the lead-up to the III Corps Best Squad Competition. Soldiers credited the mental prep for their success: tasks felt familiar, stress stayed low, and they outperformed most squads, finishing 3rd overall with two individual award winners.
- *“Our Soldiers benefited greatly from this week of training with the R2 Performance Center. They learned skills that world-class athletes use to prepare and execute under pressure, and these skills helped them compete at peak physical and mental levels during Expert Infantryman Badge testing. I have personally used many of these skills throughout my 13 years in the Army and am a firm believer that **these skills can help Soldiers go from good to great.**”* – Commander, Apache Company, 3rd Battalion, 15th Infantry Regiment



R2 Training Opportunities: Performance Experts can work with Soldiers before, during, or after an event.

- Best Squad
- Best Ranger
- Expert Field Medical Badge
- Pathfinder Badge
- Army 10-Miler
- Combatives tournaments
- Warrior Games
- Invictus Games
- Small Arms Competition
- Military Esports

From Vision to Victory!

