



# Elite Teams Aren't Born—They're Built Through Connection and Trust

Performance Experts coach Soldiers on how to apply mission-focused mental skills to unit and operational tasks, enhancing focus, adaptability, and decision-making under pressure. Their training sharpens execution and cohesion, enabling deliberate action and precision.

## Common Challenges Addressed:

- Poor communication under time constraints
- Low trust or friction during collective tasks
- Struggles with role clarity or adjusting to mission changes



**Performance Expert Tips:** Trust is the bedrock of every great team. Communication of criticism and praise with clarity and respect demonstrates investment in each team member. Teammates trust that their performance matters, and everyone is accountable to the success of the mission.

## Effectiveness in Action

- *“You helped us to break down barriers, build trust and connect with each other on a deeper level. It’s amazing to see our team’s collective creativity and problem-solving skills in action.”*
- *“The information that you gave again today on assertive communication and the three types of communication is crucial while we are out here performing live fires. It allows for junior enlisted to know they can step up and assertively communicate an idea they have for how to complete the task, and that is exactly what I want – a top-down/bottom-up communicative effort.”*



**R2 Training Opportunities:** Performance Experts can work with Soldiers before, during, or after a unit task or with an individual or unit as needed.

- Battle Drills
- Simulation Center
- Complex Field Problems
- Gunnery and Live Fire Exercises
- Ruck Progression Training
- Officer and NCO Professional Development
- Cadre Resilience Program