



Peak Readiness: Elevate Your Performance with Tactical Mental Skills

Performance Experts equip Soldiers with mission-relevant mental skills that sharpen focus and build readiness for any task. These skills drive stronger execution and more confident performance across formations.

Common Challenges Addressed:

- Freezing or overthinking under pressure
- Difficulty staying focused during routine or mentally fatiguing tasks
- Loss of confidence before a physical or technical event



Performance Expert Tips: Marshal your confidence by taking control of your thinking. Visualize the successful task and remind yourself of your preparation. Drive out doubt and thoughts about the stakes of the performance by focusing on each step of the task.

Effectiveness in Action

Performance Experts trained companies ahead of Gunnery Table VI and Soldiers gained a competitive edge. 3rd Platoon earned top scores and kept every Bradley operational throughout the entire exercise.

“This is the first time in 5 years that all of Able Company had everyone qualify during their first run. 7 total crews were distinguished, 4 crews shot superior, and 1 shot qualified.”

“The Goons [3rd Platoon] had the highest average in the entire battalion. We were the only ones to average distinguished.”



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

- Army Fitness Test
- Weapons Qualifications
- Height & Weight Compliance
- Land Navigation
- First Aid
- CBRN Readiness
- Weapon Maintenance
- Movement Techniques
- Security Procedures
- Battle Drills