



# Ready and Resilient (R2) Performance Centers



**Ready and Resilient (R2)** provides the foundation for individuals to build and sustain personal readiness and resilience. R2 provides training and education resources to active duty, reserve, and National Guard Soldiers, as well as family members and Department of the Army Civilians at 33 R2 Performance Centers across the Army enterprise.

## **INCREASE YOUR RESILIENCE**

Resilience is a process that requires adoption of productive thoughts, actions, and habits that can be learned. Resilience is not just about “bouncing back” from major life challenges. Resilience prepares you to deal with life’s challenges by giving you the ability to cope with adversity, adapt to change, and thrive under new conditions.

## **BENEFITS OF READINESS**

Mental readiness is an individual’s or team’s ability to think, feel, and act in a manner that optimizes performance in demanding environments or with occupational or combat-specific tasks. Mental readiness, like physical readiness, can be improved, and requires intentional training to achieve peak levels of performance.

## **MASTER RESILIENCE TRAINER – PERFORMANCE EXPERTS (MRT-PEs)**

MRT-PEs work at R2 Performance Centers and can help to understand and enhance the mental side of performance, maximize the benefits of training, and provide skills and techniques to develop strong teams. MRT-PEs are contractors who have a master’s or doctoral degree with a specialized emphasis in sport and/or performance psychology. This educational background and expertise equip our trainers with the methods, knowledge, and evidence-based practices to make a measurable, positive impact on your performance or your unit’s performance.

## **TYPES OF TRAINING OFFERED**

R2 Performance Centers offer a range of pre-packaged courses to include:

- Deployment Cycle Resilience Training (DCRT)
- Executive Resilience and Performance Course (ERPC)
- ENGAGE – Bystander Intervention
- Counseling Enhancement Workshop (CEW)
- Ask Care Escort – Suicide Intervention, (ACE-SI – T4T) in support of SPPM
- And more

MRT-PEs can customize training based on your needs and availability to suit any number of performances and facilitate a singular training experience or run a series of workshops to help achieve mental skill mastery. PEs create a dynamic learning experience in whichever “classroom” setting makes the most sense. For example, PEs can provide training at the range, the gym, at your unit, or in our performance centers.

- Team Building
- Leadership Development
- Performance Enhancement Training
- Academic Performance Skills
- Resilience Strategies Training
- Mental Skills incorporated into PT