



Enhance Your Focus. Build Tenacity. Dominate the Mission.

Performance Experts enhance military school and course outcomes by training students in mission-relevant mental skills that boost focus, learning, and performance under pressure. Their instruction equips Soldiers to excel in challenging operational and academic settings.



Common Challenges Addressed:

- Performance anxiety before graded events or peer reviews
- Fatigue and information overload
- Self-doubt that erodes motivation and persistence

Performance Expert Tips: Use cue words to sharpen focus, routines to prep for action, and short mindfulness practices to stay steady under pressure. These habits build mental endurance and help to resist distractions.



Effectiveness in Action:

Soldiers who received performance training while attending Army Ranger School showed **improved outcomes** in physically and mentally demanding courses, including **an increase of 11 Soldiers in forward movement during the Darby phase recycle** in FY24 compared to FY23.

“I graduated Air Assault school yesterday. I used the skills [Performance Experts] taught, and they helped so much! Not sure I would’ve made it without them.”

R2 Training Opportunities: Performance Experts can embed within a school course or work with a Soldier or unit as needed.

- Pre-Ranger Course/Ranger School
- Basic Combat Training
- Combat Paramedic Course
- Practical Nurse Course
- Air Assault School/Jumpmaster Prep
- NCO Academy
- Marksmanship Master Trainer Course
- Senior Gunner Academy
- Sapper Leader Course
- Special Operations Recruiting Battalion candidate preparation
- College
- Sergeants Major Course
- Basic Officer Leader Course