



Optimize Your Performance with Resilience Training



MYTH – Resilient people never burn-out, feel stressed, or fail.

FACT – Mentally tough people prioritize recovery to help with stress and avoid burn-out.

Resilience means you can manage the daily stressors of life like a difficult day at work, a tough conversation with a friend or loved one, or a failure or setback in your career.

Resilience helps you to deal with life's challenges by giving you the ability to cope with adversity, adapt to change, and thrive under new conditions.

Ready and Resilient (R2) Performance Experts teach Resilience life skills that help build mental toughness, strong relationships, and character, and enable critical thinking, problem solving, and effective communication techniques. Performance Experts teach these skills in a customized, packaged form based on a commander's or unit's needs.



Goal Setting

Identify, plan for, and commit to the pursuit of a goal to achieve better performance, sustained motivation, and increased effort.



Hunt the Good Stuff

Counter negativity bias and create positive emotion.



Activating Event, Thought, Consequences

Understand how you react to a situation.



Energy Management

Take control of your physical state, bring focus to present, and perform more optimally.



Avoid Thinking Traps

Identify and correct counterproductive thinking with mental cues & critical questions.



Detect Icebergs

Identify and evaluate core beliefs and values fueling out-of-proportion emotions / reactions.



Problem Solving

Accurately identify what caused a problem and identify solution strategies.



Put it in Perspective

Stop catastrophic thinking by identifying the worst, best, and most likely outcomes of a situation.



Mental Games

Change the focus from counterproductive thinking to enable greater concentration.



Real-Time Resilience

Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.



Identify Character Strengths in Self and Others

Build the best of yourself and the best of others.



Character Strengths

Overcome challenges, increase team effectiveness, and strengthen leadership.



Assertive Communication

Communicate clearly and with respect.



Effective Praise and Active Constructive Responding

Use praise to build mastery and create winning streaks. Respond to good news with interest to build relationships.



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Master Resilience Training Course Level 1

The 10-day Master Resilience Training course is open to Soldiers, Department of the Army Civilians, and Family members, and includes instruction in 14 resilience skills and how to deliver resilience training to others. Graduates of this class are Master Resilience Trainers (MRTs) who are authorized to conduct unit-level resilience training.

Other Resilience Training Options:

- Executive-level Resilience Training
- Assistance with standardized Resilience Training Assistant (RTA) Courses
- Assistance with Quality Assurance/Quality Control (QA/QC) of unit-level Resilience Training
- Customized in-person or virtual workshops to support personnel at any location
- Integration into other training events
- Refresher training for certified MRTs



Testimonials

"We are all negatively impacted by stress. The class opened my eyes on a fundamental level, and each of us now has a basic understanding of how to regulate ourselves and help others do the same. People drive our world, and resilient, strong, connected individuals help those around them make a better world a reality."

"The class teaches very good skills for life. It provides you with excellent and relevant tools to be a better person and to communicate more effectively."

MYTH – Resilience: You either have it or you don't.

FACT – People of all ages can develop traits that make up resilience. Boost your productivity by learning how your mindset shapes your thoughts, feelings, and behaviors in important ways.

Contact your local R2 Performance Center for more information.