

# JOINT BASE LEWIS McCHORD

## R2 PERFORMANCE CENTER

### **R2 Performance Center Program Manager**

MSG Hector E. Huevo  
Bldg. 6184, N. 22<sup>nd</sup> Street  
JBLM, WA  
Office: (253) 967-7307

### **R2 Performance Center Manager**

Lou McSheffrey  
Bldg. 6184, N. 22<sup>nd</sup> Street  
JBLM, WA  
Office: (253) 968-7642

### **R2 Performance Center - Program Manager Capabilities**

- I Corps In-processing training for O6 and below
- Enroll and Train new MRTs in quarterly MRT-C Courses
- Advise and Support unit MRTs
- Support for Resilience Training Assistant (RTA) course

### **R2 Performance Center - Manager Capabilities**

- **Executive Resilience and Performance Courses:** Provide overview of resilience training for command teams, satisfies annual training requirement for attendees
- **Applied Resilience Course:** 8Rs gain insight into applying resilience skills in day-to-day activities
- **Deployment Cycle Resilience Training:** Certifying and supporting unit MRTs in completing the pre- and post-deployment requirements
- **Performance Training:** Mental Skills Training, targeting specific performances to enhance level of performance and consistency
- **Leader Development Course:** 5-day course teaching E4+ how to apply mental skills to their performances and coach others on utilizing the skills
- **Academic Performance Training:** Learning Enhancement Skills targeting academic performances such as civilian and military schools
- **ENGAGE:** Briefing and/or ENGAGE skill training focusing on Awareness, Responsibility and Creating a Plan of Action
- **Team Building:** Enhance cohesion, communication and problem solving of teams
- **Support Program Manager Office capabilities**

## **R2 Performance Center Scheduled Courses:**

### **Master Resilience Training-Certification (MRT-C)**

2 week course to train and certify unit MRTs

#### **MRT-C Course Dates:**

30 Nov – 11 Dec 2020                      12 – 25 Jun 2021  
22 Feb – 05 Mar 2021                      13 – 24 Sep 2021

To register contact MSG Huezco:

[usarmy.jblm.i-corps.mbx.csf2@mail.mil](mailto:usarmy.jblm.i-corps.mbx.csf2@mail.mil) (253)967-7307

### **Applied Resilience Course (ART)**

16 Hour course for 8Rs to gain insight into applying resilience skills in day-to-day training.  
Call (253) 968-7642 to register

#### **Applied Resilience Course Dates:**

12-13 Jan 2021                              13-14 Jul 2021  
23-24 Mar 2021                              12-13 Oct 2021

### **Deployment Cycle Resilience Training (DCRT)**

Certifies unit MRTs in pre- and post-deployment requirements per AR 350-53  
DCRT training runs 16 hours over 2 days

#### **FY21 Course Dates:**

19-20 Jan 2021                      20-21 Jul 2021  
30-31 Mar 2021                      19-20 Oct 2021

### **Performance Training**

Mental Skills training for Units and families, designed to enhance performance and consistency.  
Skills taught include: Mental Skills Foundation, Goal Setting, Attention Control, Energy Management.,  
Building Confidence and Imagery. Training is available in the classroom and in the field.

### **Leader Development Course (LDC)**

A 40-hour class taught over five days, designed to train leaders to recognize key factors of optimal performance in themselves and to coach others. Call (253) 968-7642 to schedule a group of 8  
Eligibility: E4-E7, O1-O2, WO1-CW4  
Capable of short sprints, jumping, light lifts

### **Academic Performance Training (APT)**

Schedule a group class or One on One training to learn about Learning Mindsets, Taking Effective Notes, Study Hacks, Memory, Power Reading, Leveraging your Peers, Test Taking and Mastering Essay Test and Short Papers.

**ENGAGE:** Briefing or 2.5 Hour ENGAGE skill training, focused on building a culture of trust, engagement and developing confidence for future interventions

**Team Building:** Training to enhance cohesion, communication and problem solving

### **Mastery Sessions**

Individual appointments with an R2 Performance Trainer focusing on specific personal goals.

For further information on all training options:

Phone: (253)968-7642

Email: [pressj@magellanfederal.com](mailto:pressj@magellanfederal.com)