

MAY 1, 2025



FORT STEWART

R2 PERFORMANCE
CENTER

R2 NEWSLETTER

Ready and Resilient (R2) Mission

The R2 Performance Center aims to build and sustain readiness by enhancing the cognitive, emotional, and social strength of Soldiers, Leaders, and Families. Our mission is to provide training based in mental performance, character development, and resilience skills—ensuring that our Soldiers are prepared to thrive in high-demand environments. Through customized training plans, grounded in the principles of performance psychology, our team of Master Resilience Trainers – Performance Experts (MRT-PEs) works directly with units, individuals, and families to equip them with the tools they need to succeed.

Upcoming MRT Courses

We still have slots available for our upcoming MRT courses. The dates of the upcoming courses are:

2 JUNE 2025 - 13 JUNE 2025

8 SEPT 2025 - 19 SEPT 2025

For course requirements and packets please stop by the office, or contact Mr. Jason Johnson at jjohnson1@sri-hq.com.



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Training Spotlight: April Highlights



This month, our team delivered trainings across the installation to over **350 Soldiers and Leaders!**

385th Military Police Battalion - Supported in morning PT events integrating mental tasks into workouts to boost decision-making, teamwork, and focus under fatigue—enhancing both physical and cognitive readiness.

Mission and Installation Contracting Command & 904th Contracting Battalion - Conducted a cohesion/team building training focused on improving communication and connection.

1-on-1 Mastery Sessions - Provided individualized mental skills trainings to support Soldiers' preparation for Warrior Games trials and career advancement—focusing on confidence, composure, and performance under pressure.

Performance Center Contact Information

Our information has changed! Please see the emails for the members of the performance center below:

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