

CSF2's Executive Resilience and Performance Course is available in a 4 (Recommend BDE level & higher), 8 (Recommend BN level & higher) and 16-hour course (Recommend Co level & higher). It is designed to train Army Leaders (Company Commanders/First Sergeants and above, their spouses, GS12 and above), and familiarize them with the same Resilience and Performance Enhancement skills Master Resilience Trainers provide Soldiers, Family members and Army Civilians. Certified CSF2 instructors are specially trained to deliver this executive- level curriculum, and are available at CSF2 Training Centers at installations Army-wide. For those without a CSF2 Training Center, Mobile Training Teams are standing by to support.

To request an Executive Resilience and Performance course, contact Mr. Frank Wright at 703-607-1473 or franklin.j.wright.ctr@mail.mil.

"This course showed me that it is within our ability to develop a more effective Soldier and develop a more positive attitude at the unit level."

- Lt. Col. Hunter Marshall, Commander of the 3-25 Aviation Regiment, 25th Infantry Division

COMPREHENSIVE SOLDIER & FAMILY FITNESS

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Executive Resilience and Performance Course

As of Oct 2016

4 Hour Version

8 Hour Version

16 Hour Version

Day One

Command Overview Brief

Command Overview Brief

Command Overview Brief

Resilience Overview and MRT Competencies

Resilience Overview and MRT Competencies

Resilience Overview and MRT Competencies

Hunt The Good Stuff

Avoid Thinking Traps

Avoid Thinking Traps

Goal Setting

Hunt the Good Stuff

Hunt the Good Stuff

Active Constructive Responding

Goal Setting

Mental Skills Foundation

Effective Praise

Goal Setting

Energy Management

Effective Praise

Active Constructive Responding

Identify Character Strengths in Self and Others

Day Two

Hunt the Good Stuff

Great Leader

Energy Management

Put It In Perspective

Detect Icebergs

Confirmation Bias

Deliberate Breathing

Building Confidence

Active Constructive Responding

"The course was relevant and there is a definite need for it for our Warriors at all levels, including senior leaders at every echelon of command or responsibility. It provided real-time and hands-on experience and facts to which all attendees could relate."

- Sgt. Major Willene Orr, Joint Force Headquarters National Capital Region Command Career Counselor

"Everybody's got to be resilient together in order for us to be all we can be."

- Mr. Stephen Brooks, Deputy to the Garrison Commander at Fort Belvoir

