

CSF2's Executive Resilience and Performance Course is available in a 4, 8 and 16-hour course. 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, visit [your local CSF2 Training Center](#) or visit <http://csf2.army.mil/contact.html> to request a Mobile Training Team.

**"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

BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

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As of October 2013



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## Executive Resilience and Performance Course

# 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

Hunt The Good Stuff

Hunt The Good Stuff

Active Constructive Responding

Active Constructive Responding

Active Constructive Responding

Goal Setting

Mental Skills Foundations

Activating Event, Thoughts, Consequences

Avoid Thinking Traps

Goal Setting

Mental Skills Foundations

Energy Management

Avoid Thinking Traps

Goal Setting

Operational and Institutional Resilience

Avoid Thinking Traps & Confirmation Bias

Energy Management

Energy Management

Day Two

Hunt the Good Stuff & Deliberate Breathing

Operational and Institutional Resilience

Detect Icebergs

Attention Control

Put It In Perspective

Integrating Imagery

Discussion Setup / Implementation Plan

"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

