As a key part of the Ready and Resilient Campaign, Comprehensive Soldier and Family Fitness (CSF2) is a long-term strategy that better prepares the Army community - Soldiers, Family members, and Army Civilians - to not only survive, but thrive at a cognitive and behavioral level in the face of protracted warfare and the everyday challenges of Army life.

The CSF2 Training Center’s mission is to execute the CSF2 program at the installation level to increase the physical and psychological health, resilience and enhanced performance of the Army Community.

Performance Enhancement training provides Soldiers with the specific mental and emotional skills that underlie optimal human performance when it matters most: in combat, healing after an injury, or managing work and home life.

The CSF2 Training Center’s Performance Enhancement Model encompasses instruction in mental skills foundations, confidence building, effective goal setting, attention control, energy management and imagery. Training offered at the CSF2 Training Center addresses how to develop the mental attributes to be adaptive and mentally agile leading to success throughout life.

Training opportunities at Joint Base Lewis-McChord include a full week Leader Development Course, Performance and Learning Enhancement Seminars, Unit Training and Mastery Sessions. Venues include both classroom and practical field reinforcement.
CSF2 Training Options

Performance Enhancement - Unit Training
Training is designed to deliver tailored skills to meet the needs of a unit. An initial in-take meeting is scheduled between unit leadership and CSF2 staff to determine the type of performance training required. Blocks of time are then allocated to deliver training in the classroom and/or in the field.

Leader Development Course
The 5 day Leader Development Course utilizes mental toughness skills to maximize performance, training efficiency and combat readiness. Training enhances leader effectiveness and personal leadership qualities thereby unlocking the full potential of the individual and unit.

Seminars
CSF2-Training Center offers quarterly seminars in both Performance and Learning Enhancement. The Performance Enhancement Seminar gives participants more in-depth knowledge about the application of performance psychology while the Learning Enhancement Program focuses on study skill components necessary to achieve success. Participants are able to ask questions and engage in individual and small group activities. Classes are open to Soldiers, family members and Army civilians.

Team Building
CSF2-Training Center Team Building helps Units improve group dynamics and build success. Training provides a framework for creating effective group goals, objectives and a unified vision to further performance and cohesion.

Individual Mastery Training
Following participation in a seminar or in unit training, an individual may schedule one-on-one sessions with a Master Resilience Trainer-Performance Expert. The goal of these sessions is to give the individual an opportunity to focus on a specific performance and set goals with the help of a trainer.