



# TRAINING CENTERS

## COMPREHENSIVE SOLDIER AND FAMILY FITNESS

### BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

#### What is Comprehensive Soldier and Family Fitness?

As a key part of the Ready and Resilient Campaign, Comprehensive Soldier and Family Fitness (CSF2) is the U.S. Army's training program designed to improve the psychological health and resilience of Soldiers, Families and Army Civilians. Psychological strength, like physical strength, doesn't just "happen"- it must be trained, practiced, and refined. With 11 years of demanding ongoing deployments and a high operational tempo, coupled with the health of the force issues we face today, a focus on comprehensive fitness has become a readiness mandate.

#### What is a CSF2 Training Center?

The CSF2 Training Center at JBLM supports the Training component of CSF2 and is an extension of CSF2 at the installation level. CSF2 Training Centers also ensure the latest CSF2 guidance and curriculum are deployed at each location.

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[csf2.army.mil/training-centers](http://csf2.army.mil/training-centers)

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#### CSF2 consists of three main components:

##### ONLINE SELF-DEVELOPMENT:

**Global Assessment Tool (GAT)** : A survey tool through which individuals are able to confidentially assess their physical and psychological health based on four of the five dimensions of strength: emotional, social, spiritual, and family fitness.

**ArmyFit™ (Coming soon)**: An online training environment facilitating personal development and in-depth self-assessments for all five dimensions of strength. ArmyFit™ houses the Comprehensive Resilience Modules (CRMs)

##### TRAINING:

**Master Resilience Trainers (MRTs)**: MRTs serve as Commanders' advisors for Resilience training. They are the only personnel authorized to conduct formal Resilience Training to members of the Army Family.

**Performance Enhancement** : Performance Enhancement provides Soldiers, Family members and Army Civilians with the mental and emotional skills to strengthen their minds and perform at their best when it matters most: in combat, healing after an injury or managing work and home life.

**Institutional Resilience Training**: Institutional Resilience Training (IRT) is training provided at every major level of the Army education system, from basic training to the War College.

##### METRICS AND EVALUATION

Through research with the support of various internal and external organizations, CSF2 has been able to scientifically validate its effectiveness. CSF2 is always analyzing the program and ensuring program efficacy.



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## What is Resilience?

Resilience is the mental, physical, emotional, and behavioral ability to face and cope with adversity, adapt to change, recover, learn and grow from setbacks. A resilient individual is better able to leverage intellectual and emotional skills and behavior that promote enhanced performance.



**The Resilience competencies increase your ability to:**

- cope with stress
- overcome setbacks
- solve problems
- remain task-focused
- perform under pressure

**The competencies also increase your confidence, while decreasing helplessness, depression, and anxiety.**

## What is Performance Enhancement?

Training provides Soldiers, Families, and Army Civilians 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.



## Training Center Capabilities

- Provide Resilience Training and Performance Enhancement training to Soldiers, Families and Army Civilians
- Deliver Executive Level Resilience and Performance Enhancement Training
- Provide Assistance with Standardized RTA Training Courses
- Provide Assistance with QA/QC of Unit Level Resilience Training
- Execute MRT Level 1 courses
- Provide tailored Resilience and Performance Enhancement Training to Warrior Transition Unit Cadre, Soldiers, and their families.
- Support ARNG and USARC Requirements
- Conduct Learning Enhancement Education and Training