



Joint Base Lewis-McChord

# TRAINING CENTER

COMPREHENSIVE SOLDIER AND FAMILY FITNESS



**BUILDING RESILIENCE ★ ENHANCING PERFORMANCE**

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## Performance Enhancement Overview

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.

**On the Web:** <http://csf2.army.mil/training-centers>

**Facebook:** [www.facebook.com/ArmyCSF2](http://www.facebook.com/ArmyCSF2)

**Twitter:** @ArmyCSF2



## Mental Skills Education

### Mental Skills Foundations

Providing Soldiers with a "philosophy of excellence" detailing the key qualities that underlie exceptional performances and how they can be acquired.

- Build awareness about characteristics of optimal versus average performances
- Understand the relationship between thoughts, emotions, physical states and performance
- Recognize the distinctions between the training and trusting mindsets

*The strength to realize and unleash your true potential*

### Building Confidence

Thinking in deliberate and effective ways to create energy, optimism and enthusiasm.

- Know the different sources of confidence building
- Generate effective explanations for personal setbacks and successes
- Develop effective responses to counterproductive thoughts

*The strength to trust yourself in times of adversity*

### Attention Control

Bringing heightened sensory awareness to what's most relevant and keeping it there to concentrate amidst distractions.

- Understand the different styles or ways of directing attention
- Build awareness of personal attentional tendencies and influence on maintaining mental agility
- Develop techniques to direct and sustain attention, even amidst distractions
- Identify early indicators of distraction and build refocus techniques to stay in the moment

*The strength to maintain concentration in every situation*

### Energy Management

Effectively mobilizing and restoring personal energy to thrive under pressure.

- Understand how activation levels impact performance
- Identify controllable versus uncontrollable factors that influence energy
- Practice deliberate breathing for performance and recovery
- Learn strategies to combat chronic sleep restriction

*The strength to maintain composure in stressful situations*

### Goal Setting

Defining a dream that's personally meaningful and developing the concrete steps to create a well-documented path to success.

- Understand the link between sources of motivation and goal setting
- Create a systematic plan for sustained goal pursuit
- Establish commitment and tracking strategies that support goal attainment

*The strength to plan, advance and persevere through challenges*

### Imagery

Mentally rehearsing successful performances (e.g. training, executing, recovering, healing, etc.) to program the mind & body to perform automatically and without hesitation.

- Understand the scientific basis of the brain-performance connection
- Evaluate the effectiveness of imagery on training, execution, and recovery.
- Identify and practice the three factors that contribute to effective imagery

*The strength to envision success and expect the best*

## 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 **Student Success Course** 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.