



Joint Base Lewis-McChord

TRAINING CENTER

COMPREHENSIVE SOLDIER AND FAMILY FITNESS



PERFORMANCE SEMINAR

Performance Education Model & Seminar Highlights

Learn about the nature of optimal performance and how to unlock it using mental skills and techniques

Learn practical and effective thinking techniques that develop, sustain, and protect confidence in any situation

Learn goal setting principles to plan, execute, and persevere to achieve excellence

Mental Strength for Life

is defined as the ability to use a specific set of mental skills to consistently perform at one's upper level of potential throughout one's personal and professional life, especially in a variety of volatile, uncertain, complex and ambiguous situations.



Learn how to direct, sustain, and shift attention on demand for greater concentration and mental agility

Learn energy management techniques that produce composure under stress, sustain energy, and maximize recovery

Learn the 'how to' of mental preparation by using practical imagery techniques to enhance skill development, tactical intuition, and instinctive execution

The Comprehensive Soldier & Family Fitness (CSF2) Performance Seminar uses state of the art technology to help individuals develop mind-body awareness, acquire personalized mental tools and learn to apply these techniques to their lives. Individuals develop a foundation in mental and emotional skills based on applied performance psychology techniques which include goal setting, confidence building, energy management, attention control, and imagery. Just as physical training strengthens the body, mental training strengthens the mind and enhances human performance. Call (253) 968-7642 to reserve your seat in the next quarterly Performance Seminar.

Contact Us

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Location: MTC, Building 1240, Albanese Hall

Directions

MAIN GATE

1. Take I-5 **Exit 120**, JBLM Main Gate
Travel forward onto 41st Division.
2. Turn **Right** onto Pendleton. Go about 1 mile.
3. After French Theater turn **Left** onto 9th Division.
4. After 3rd stop sign, staying on right side of Y, continuing forward to the end of 9th Division.
5. Follow curve at end of road to the **Right**.
6. **MTC, Albanese Hall Building 1240** is just past radio tower on your **Left**.

DUPONT GATE

1. Take I-5 **Exit 119**, Dupont Gate.
2. Once through the gate take 2nd **Right** at Kaufman Avenue.
3. Follow the I-5 signs to Railroad Avenue.
4. Turn **Left** onto Railroad Avenue.
5. **MTC, Albanese Hall, Bldg. 1240** is the first building on **Right**.