



Joint Base Lewis-McChord

# TRAINING CENTER

COMPREHENSIVE SOLDIER AND FAMILY FITNESS



**BUILDING RESILIENCE ★ ENHANCING PERFORMANCE**

## Contact Information

Office: 253.968.7642

### Training Center Manager

William J. Howard III  
MSS, OTR/L, CHT  
william.j.howard13.ctr@mail.mil

### Resource Administrator

Diane Kaiura, B.S.  
diane.c.kaiura.ctr@mail.mil

### Instructors

Valerie Alston, M.A.  
valerie.r.alston.ctr@mail.mil

Shannon Baird, Ph.D.  
shannon.m.baird2.ctr@mail.mil

Brad Baumgardner, M.A.  
brad.c.baumgardner.ctr@mail.mil

Maya Cameron, M.M., M.A.  
maya.cameron.ctr@mail.mil

Kaitlyn Donohoe, M.S.  
kaitlyn.g.donohoe.ctr@mail.mil

Katherine Irwin, M.A.  
katherine.m.irwin2.ctr@mail.mil

William Low, M.S.  
william.r.low.ctr@mail.mil

Sarah Meyer, M.A.  
sarah.m.meyer4.ctr@mail.mil

Brett Sandwick, M.S.  
brett.r.sandwick.ctr@mail.mil

### Audio Video Specialist

Stephanie Robinson, B.A.  
stephanie.l.robinson58.ctr@mail.mil



## Resilience Training 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 also 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 Soldiers, Families and Army Civilians.

The Army defines Resilience as "the mental, physical, emotional, and behavioral ability to face and cope with adversity, adapt to change, recover, learn and grow from setbacks." Master Resilience Trainers (MRTs) serve as Commanders' advisors for resilience training. Graduates of a 10-day course, these Soldiers, Department of the Army Civilians and Army spouses (statutory volunteers) are the only personnel authorized to conduct formal resilience training to members of the Army Family.

The Resilience Training Model is a set of skills that build off of one another - like a pyramid. We teach life skills that help with building strong relationships, mental toughness, and character strengths. These are skills that promote critical thinking, establish effective communication techniques, and reinforce problem solving skills.

The CSF2 Training Center supports the Master Resilience Trainers' pillar by providing Resilience Training to Soldiers, Families, and Army Civilians; providing assistance with QA/QC of unit level Resilience training; executing DA scheduled MRT Level 1 courses; and providing executive level Resilience training.

# Resilience Skills



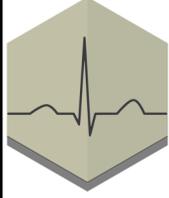
**Goal Setting:** Understand the key components of the 7-step goal setting process and practice the skill so it can be used independently to plan for achieving personal and career goals.



**ATC:** Identify your Thoughts about an Activating Event and the Consequences of those Thoughts.



**Hunt the Good Stuff:** Counter the Negativity Bias, create positive emotion, and notice and analyze what is good.



**Energy Management:** Modulate energy to a level that is appropriate for the task-at-hand and that allows optimal performance.



**Avoid Thinking Traps:** Identify and correct counterproductive patterns in thinking through the use of Critical Questions.



**Detect Icebergs:** Identify and evaluate core beliefs and core values that fuel out-of-proportion emotions and reactions.



**Problem Solving:** Accurately identify what caused the problem and identify solution strategies.



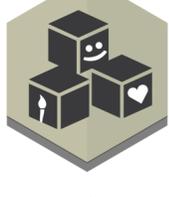
**Put It In Perspective:** Stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the Worst, Best, and Most Likely outcomes of a situation.



**Mental Games:** Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand.



**Real-Time Resilience:** Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.



**Identify Character Strengths in Self and Others:** Identify Character Strengths in yourself and in others to recognize the best of yourself and the best of others.



**Character Strengths: Challenges and Leadership:** Identify Character Strengths in yourself and in others to improve teamwork, overcome challenges, and to be the most effective leader you can be.



**Assertive Communication:** Communicate clearly and with respect. Use the IDEAL model to communicate in a Confident, Clear, and Controlled manner.



**Effective Praise and Active Constructive Responding:** Praise effectively to build mastery and winning streaks and respond to others to build strong relationships.

## CSF2 Training Options

- DA- Scheduled MRT Level 1 Courses
- Executive Level Resilience Training
- Assistance with standardized Resilience Training Assistant (RTA) Courses
- Assistance with QA/QC of unit level Resilience Training