



ARMY RESILIENCE DIRECTORATE LEADER DEVELOPMENT TRAINING

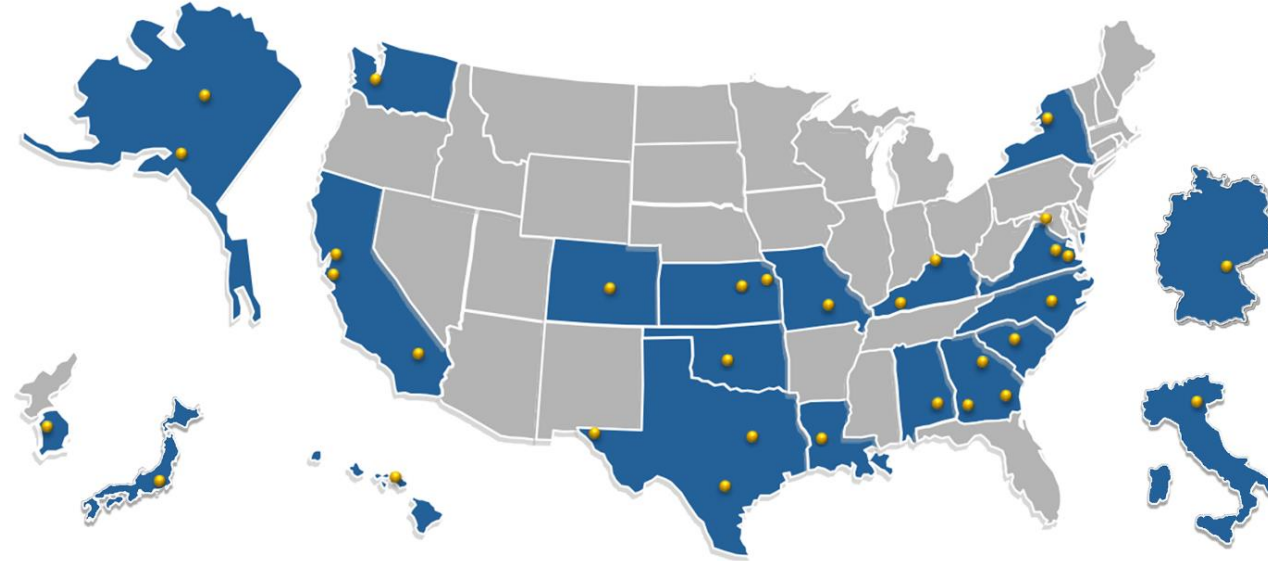
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ARD SENIOR ENLISTED ADVISOR

17 NOVEMBER 2021

Website:



R2 PERFORMANCE CENTER LOCATIONS



NOTE: All Army Resilience Directorate (ARD) training courses are available through the R2 Performance Centers (R2PC) identified on this slide. Any Camp, Post, or Station without a R2PC may submit a request for a mobile training team (MTT) to come to your location. The R2PCs support all COMPOS.

R2 PERFORMANCE CENTERS			
Camp Humphreys	DSN 315-755-0748	Fort Leonard Wood	573-563-4208
Camp Zama & Torii Station Okinawa	81-80 3344-2014	Fort Leavenworth	913-684-1786
Fort Belvoir (National Capital Region)	703-806-0613	Fort Polk	337-531-2427
Fort Benning	706-626-8563	Fort Riley	785-239-8835
Fort Bliss*	915-568-6684	Fort Rucker	334-255-9203
Fort Bragg	910-908-4459	Fort Sill	580-442-6054
Fort Campbell*	270-412-5390	Fort Stewart	912-767-4153
Fort Carson	719-526-0828	Fort Wainwright / Joint Base Elmendorf-Richardson	907-353-5803
Fort Drum	315-774-2321	Joint Base Langley-Eustis	703-571-7294
Fort Gordon	706-791-2582	Joint Base Lewis-McChord	253-968-7642
Fort Hood*	254-288-4372	Joint Base San Antonio - Fort Sam Houston	210-808-6089
Fort Irwin	760-380-7885	Parks Reserve Forces Training Area / Presidio of Monterey / DLI	925-875-4808
Fort Jackson	803-751-5913	Schofield Barracks	808-655-9804
Fort Knox	502-624-3222	Vicenza, Italy	210-808-6089
Fort Lee	703-571-7294	Vilseck, Germany	DSN 314-476-2333

* These sites have embedded MRT-PEs in select Brigades as part of a pilot program directed by ARD.



BLUF



- The R2 Performance Centers can execute stand-alone training events or align services with existing organizational calendar events, no need to create calendar space. The courses listed in this catalog are not a full reflection of R2PC capabilities, customized training tailored to the unit is also available at the organization's request.
- Our Performance Experts (PEs) are professionals in the fields of Sports Psychology, Organizational Psychology, and other related fields. Many have Collegiate and Professional Sports Coaching experience. The PEs hold a minimum of a Graduate degree in their area of expertise.
- It's as simple as reaching out to us, or to your local R2PC to build and implement a training program that will enhance your Soldiers and Leaders capabilities. **This training comes at ZERO COST to your unit.**
- Basic Information needed for a request:
 - Requested training dates
 - Number to be trained
 - General topic for training
 - POC



SQUAD LEADER DEVELOPMENT COURSE



TARGET AUDIENCE:

SGT and SSG level Squad Leaders

TRAINING TIME:

2 Days

DESCRIPTION:

- **The Squad Leader Development course (SLDC)** pairs Army Doctrine with skills supported by research for the application of effective leadership within the squad. The overall objective of the course is to equip squad leaders with evidence-based skills and strategies for effective leadership to apply in a range of situations.
- **The intent of the Squad Leader Development Course (SLDC)** is to motivate students to identify, adopt and internalize leadership behaviors outlined in doctrine and supported by research. Leaders who understand their leadership philosophy, know their Soldiers and live the Army Values can forge cohesive Army units that are strong and resilient in the face of any challenge.

LOCATION:

- Pilot Status (Available Qtr 3 FY22)



LEADER DEVELOPMENT COURSE



TARGET AUDIENCE:

Unit Leaders (Team, Squad, Platoon, etc.)

TRAINING TIME:

Dependent on Unit

DESCRIPTION:

- All R2PCs have a base LDC curriculum that can be tailored and developed to the needs of the requesting unit. These courses focus on Organizational Climate and Culture, Leadership Philosophies, Goal Setting, Motivation, and Coaching.
- Skills and knowledge are confirmed through practical exercises and facilitated group work.



ACE-SI TRAIN THE TRAINER



TARGET AUDIENCE:

SSG+ (Squad – Company level Leaders)

TRAINING TIME:

8 Hours

DESCRIPTION:

- **The ACE-SI Train-the-Trainer (T4T)** 2-day course prepares suicide prevention professionals to execute the 1-day ACE-SI training with end-users. The T4T course is taught by R2 Master Resilience Trainer Performance Experts (MRT-PEs) with specialized training in facilitating the T4T course. The ACE-SI T4T course is open to E-6 or higher, Officers, WO, and civilians.
- **Ask, Care, Escort – Suicide Intervention (ACE-SI)** training is a gatekeeper training meant to reinforce key suicide intervention concepts in Army leaders who hold positions of trust in order to encourage subordinate trust and help-seeking behavior. It assists leaders in identifying Soldiers at risk for suicide so they can intervene and connect them to the appropriate resources. The course includes discussion of understanding and challenging the stigma against seeking help, warning signs and risk factors that are time-sensitive concerns for suicide risk, and steps to take to address the risk. This training is based on the scientific literature regarding suicide and best practices in intervention efforts and works in concert with other Army suicide prevention efforts.

ACE-SI Training should be coordinated through your Installation SPPM.



COUNSELING ENHANCEMENT WORKSHOP



TARGET AUDIENCE:

SGT-SFC Squad Leaders and Platoon Sergeants

TRAINING TIME:

2.5 Days

DESCRIPTION:

- **The Counseling Enhancement Workshop (CEW)** is an interactive course designed to enhance how leaders counsel and improve their overall relationships with their subordinates. The course includes learning fundamental counseling techniques, resiliency skills, and practical activities that are based on the skills outlined in ATP 6-22.1.
- Confirmation of learning is achieved through scenario-based counseling sessions for each skill, encouraging practical application of concepts; receive ongoing feedback; and improve their understanding of human behavior.



ENGAGE



TARGET AUDIENCE:

All Soldiers

TRAINING TIME:

2 Hours

DESCRIPTION:

- **ENGAGE** provides an environment for Leaders and Soldiers to enhance their awareness of the alerts and the resources available in a time of need. Soldiers will require additional application to routinely execute professional confrontations. The course is tailorable and can be used to encourage engagement across a wide variety of situations and peer groups to increase personal readiness by enhancing communication and building a Culture of Trust.
- Soldiers can develop the ability and skill to intervene safely, early, and effectively mitigate corrosive behavior or adverse consequence. They develop confidence for future crisis interventions through routine engagement.
- The **ENGAGE** skill is the enabler to achieving bystander intervention:
 - **Individual skill**: Routine one-on-one communication. Soldiers practice personal/professional confrontations and recognize the personal duty and obligation to be aware, be responsible and have a plan when a fellow Soldier deviates from the standard.
 - **Institutional skill**: Soldiers learn to foster a culture of trust, engagement and responsibility in leading. They recognize the personal duty and obligation to foster leader and Soldier connections, encourage Soldier-to-Soldier engagement, and enhance their social network.



GAINING RESILIENCE IN TRAINING (GRIT)



TARGET AUDIENCE:

Platoon level (Platoon Leader and Platoon Sergeant)
leadership teams

TRAINING TIME:

4 Hours

DESCRIPTION:

- GRIT training brings Platoon Leaders (PL) and Platoon Sergeants (PSG) together, as a team, to discuss topics focused on improving trust and communication within the organization.
- Teams discuss leader traits, why the identified traits are considered positive leader traits, and identify personal traits that are strong or need improvement. They also discuss the reasons they excel at their identified strong trait, and what they can do to improve upon their weak traits.
- Teams also discuss:
 - Indicators that a Soldier's challenge may be out of their scope and why a Soldier may not come to them with a problem.
 - Resources available to assist in addressing challenges Soldiers face, and how to effectively utilize those resources when the challenge is outside of their scope.
 - Trust, the components of trust, how to build trust, and the things that break trust.
- GRIT uses scenario and discussion sessions to confirm learning and understanding.
- Teams discuss



GAINING RESILIENCE IN TRAINING - TOGETHER (GRIT-T)



TARGET AUDIENCE:

Company and Battalion level (Company Commander/
1SG and Battalion Commander/CSM) leadership teams

TRAINING TIME:

2 Hours

DESCRIPTION:

GRIT-T is a condensed version of the GRIT training, similar to the one PLs and PSGs experience, and maintains the team training concept where both members of the command team participate in the training together. GRIT-T also requires leaders to consider how they impact help-seeking behaviors at their echelon and the messages they send about Soldiers getting support as well as, how they encourage their Soldiers to have difficult conversations.



ACADEMIC PERFORMANCE TRAINING (APT)



TARGET AUDIENCE:

All Soldiers

TRAINING TIME:

1-2 Hour sessions in a study hall format; conducted at unit convenience

DESCRIPTION:

- APT focuses on memory skills, study habits, note taking, and how to manage test anxiety.
- Confirmation of the skills is achieved through facilitated practice in individual and group settings.
- Examples of APT that are being used:
 - Ft. Bragg, JBER, Vicenza: Jumpmaster and Pathfinder Preparation Courses
 - Ft. Campbell, Ft. Drum, Schofield Barracks: Pre-Ranger, Air Assault, Mountain Warfare, and Jungle School Preparation Courses
 - Ft. Gordon – Licensed Practitioner Nurses Course (NCLEX Certification Exams)
 - Ft. Benning – Master Gunner Courses



PERFORMANCE TRAINING



TARGET AUDIENCE:

All Soldiers

TRAINING TIME:

Unit and Need Dependent

DESCRIPTION:

- The Performance Experts help Soldiers identify strategies and skills to implement during periods of high performance Confidence Building, Attention Control, and Energy Management are some of the skills taught during these sessions. Performance Training can be classroom, field, or blended environments.
- Examples of Performance Training:
 - Ft. Drum: Light Fighter School Courses (Pre-Ranger, Sniper, Mountain Warfare, Air Assault)
 - Schofield Barracks: Lightning Academy Courses (Pre-Ranger, Jungle School, Air Assault)
 - Ft. Campbell – Best Sapper Team Training, Pre-Ranger
 - Multiple Locations: ACFT Preparation Training, EIB/ESB/EFMB Preparation Training



MOUNTAIN ATHLETE WARRIOR



TARGET AUDIENCE:

Team Leaders+

TRAINING TIME:

Unit and Need Dependent

DESCRIPTION:

- Introduction to core performance skills for Leaders and how to integrate and implement them with physical training and ACFT preparation.
- Skills and knowledge are confirmed in scenario-based and practical exercises.

LOCATION:

- Ft. Drum



10TH CAB PERFORMANCE INTEGRATION



TARGET AUDIENCE:

Pilots and Crews

TRAINING TIME:

Unit and Need Dependent

DESCRIPTION:

- Blended curriculum of Academic and Performance Training skills to assist Pilots and crews in their required Annual and Readiness Level progressions. The goal is to optimize Pilot performance, crew coordination, and emergency response skills.
- Skills and knowledge are confirmed in scenario-based and practical exercises.

LOCATION:

- Ft. Drum



STRIKE COURSE



TARGET AUDIENCE:

Leaders

TRAINING TIME:

2 Weeks

DESCRIPTION:

- This course was created in cooperation with 2nd Cavalry Regiment to assist Leaders at all levels in developing meaningful PT programming for their formations. A blended set of Academic, Performance, and Leadership Development curriculum is used.
- Skills and knowledge are confirmed in scenario-based and practical exercises.

LOCATION:

- Rose Barracks



WORKFORCE DEVELOPMENT



TARGET AUDIENCE:

DoD/DA Civilians

TRAINING TIME:

Dependent on need and opportunity

DESCRIPTION:

- Share proven strategies with civilian staff that can improve culture, trust, communication, efficiencies and cohesion. Topics: Stress mindset, Silo mentality, Vulnerability, Trust, Shame & Empathy in the workplace, Neuroscience of feedback, Mindfulness, Psychological safety at work.
- Skills and knowledge are confirmed in scenario-based and practical exercises.

LOCATION:

- Ft. Drum, Ft. Jackson



SPOUSE AND FAMILY SEMINARS



TARGET AUDIENCE:

DoD Dependents

TRAINING TIME:

Dependent on need and opportunity

DESCRIPTION:

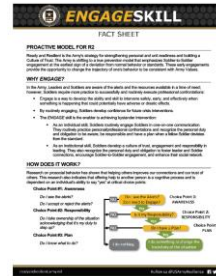
- Seminars are conducted as requested by the unit and installation. The topics cover various resiliency skills, communication skills, stress management, and team building. Training can be tailored towards SFRGs as an organization or to all of the family members of a unit. Some training can be conducted with teenagers and children.
- Examples of Seminars that are being used:
 - NCOLCoE – Spouse Leadership Development Course
 - USAWC – Nominative Spouse Seminar
 - Various locations work with CYSS to provide APT and resiliency skills to younger dependents.



FACT SHEETS & STORYBOARDS



APT
Fact Sheet



ENGAGE
Fact Sheet



R2PC
Fact Sheet



LDC
Fact Sheet



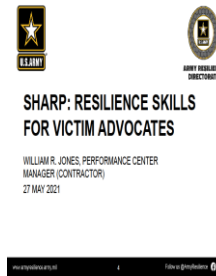
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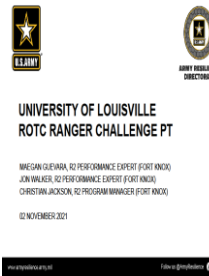
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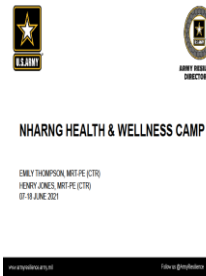
Mental Fitness Course



**Victim Advocate
Burnout**



**UK - Louisville
Ranger Challenge**



**NH ARNG
Health & Wellness Camp**



**Air Assault Course
Ft. Drum**



6th LOD Conference

Click on image to see handout



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