



Schofield Barracks

TRAINING CENTER

COMPREHENSIVE SOLDIER AND FAMILY FITNESS

PLEASE CALL (808) 655-9804 TO ENROLL TODAY!

UPCOMING COURSE OFFERINGS:

Master Resilience Trainer Level 1 (MRT) – 10-day course where Soldiers are given the 8-Romeo identifier enabling them to conduct Resilience training at the Unit Level. **(Register through SFC Calle, Jevon R. 808.655.5707)**

Executive Resilience and Performance Course (ERPC) – 4, 8, and 16-hour Executive courses educate Officers and senior enlisted Soldiers on capabilities of CSF2 Training Center program and enhance Soldier readiness, resilience, and performance at the Unit level.

Leader Development Course (LDC) – 5-day leadership course intended for mid-level leaders using principles and concepts from the CSF2 Performance Training Model.

Deployment Cycle Resilience Trainer (DCRT) – 4-12 hour requirement for Soldiers deploying 90 days or more, and taught at the Unit level by MRTs (i.e., 8-Romeos)

Resilience Trainer Assistance (RTA) - 5 days of Resilience training intended for 2LT-1LT, E5-E6 where soldiers learn all 14 Resilience skills and complete the Practical Exercises from each module.

Soldier Performance & Operational Resilience (SPORT) – 10-day course comprised of Soldiers identified by Commanders, who they believe would benefit from additional Resilience and Performance Enhancement training. Course is a combination of resilience training in all 14 Resilience skills, and 6 mental skills from the CSF2 Performance curriculum, and an APFT mental training plan to optimize readiness and resilience across the performance Triad. **(Register through SGT Gregory Bauer 808.433.8682)**

(FULL COURSE DESCRIPTIONS LISTED BELOW ON FOLLOWING PAGES)

SPRING/SUMMER/FALL SCHEDULE

Course	Offering Date 1	Offering Date 2
MRT	12-23 SEP	5-16 DEC
ERPC	7- SEP	10- NOV
LDC	8-12 AUG	24-28 OCT
DCRT	23-25 AUG	15-17 NOV
RTA	17-21 OCT	27 Feb-3 MAR
SPORT	17-28 OCT	27 Feb-10 MAR



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CSF2 FULL COURSE DESCRIPTIONS & CAPABILITIES



- **What is a Master Resilience Trainer - Performance Expert?**

- The Comprehensive Soldier and Family Fitness (CSF2) Training Center is staffed with Master Resilience Trainer-Performance Experts (MRT-PEs), who are equipped with the education and training background to help Soldiers, Families, and DA Civilians strengthen their mental toughness, mentally prepare for performances, and enhance resilience at various levels across the force. Each MRT-PE has at least a Masters degree in Sport and Performance Psychology, which is the study of the psychological factors of performance (e.g., confidence, focus, managing emotions, etc.). These MRT-PEs are trained to help educate Soldiers on how to leverage the strongest muscle they have: their brain. Each MRT-PEs has a wide range of professional experience teaching Soldiers, athletes, and performers from a variety of other settings (e.g., musicians, lawyers, doctors). While the physical and tactical components of performance are trained at the Unit level, MRT-PEs are available to help Soldiers identify how to deliberately train the mental factors contributing to performance for improved consistency and performance excellence.



- **Master Resilience Trainer Course (MRT-C)**

- **Duration: 10 Days**

- **Intended Audience: E6-E8 (E5 by exception), 2LT-CPT, W1-W3**

- **Course Description:** The Comprehensive Soldier and Family Fitness (CSF2) Training Center is probably best known for conducting the Master Resilience Trainer Course. This 10-day course has been run at installations across the army since 2009. Upon completion of the course, Soldiers are given the 8-Romeo identifier, enabling them to conduct Resilience training at the Unit Level (see: AR 350-53). Throughout the course, Soldiers are trained to teach all 14 Resilience skills, including well-known skills like Hunt the Good Stuff and Detect Icebergs, and lesser-known skills like Effective Praise and Assertive Communication. During days 1-6 of the course, Soldiers learn the skills and, practice each one with fellow students via the MRT Practical Exercises. In this way they gain a better understanding of how to use the skills with their Soldiers, family members, and colleagues. During days 7-10 of the course, Soldiers teach back the skills to experienced MRT-PEs and Level IIs (8-Juliets), and are given feedback to maximize teaching effectiveness at the Unit Level. The MRT Course is offered by the Schofield Barracks CSF2 Training Center quarterly.



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- **QA/QC for Unit Level Resilience Training**
- **Duration:** Varies by MRT/Unit request
- **Intended Audience:** Unit MRTs
 - **Course Description:** MRT-PEs at the CSF2 Training Center are available to conduct Quality Assessment/Quality Enhancement (QA/QE) for Soldiers (i.e., 8-Romeos) teaching Resilience training at the Unit Level. In this capacity, the role of CSF2 MRT-PE is to help 8Rs prepare for unit level Resilience training, and provide sustains and improves to the Soldier upon completion of the training in order to maximize the effectiveness of future Resilience trainings. MRT-PEs will help coach the MRTs throughout the training, provide support before, during, and after each class, and maintain contact with the 8R as they prepare for Resilience training conducted at the Unit level. CSF2 MRT-PEs can observe the 8R wherever Resilience training is being conducted.

- **Executive Resilience and Performance Course (ERPC for Leaders)**
- **Duration:** 4HR (GEN-LTC, CSM-SGM), 8HR (MAJ-CPT; MSG-1SG), or 16HR (1LT-2LT;MSG-SFC) Hour Course
- **Intended Audience:** See Above
 - **Course Description:** CSF2 provides 4, 8, and 16-hour executive courses to Army leaders across the force. These courses inform and educate Officers and senior enlisted personnel on the background and capabilities of the CSF2 Training Center program, and provide leadership with a way forward to deliberately enhance Soldier readiness, resilience, and performance at the Unit level. During this course, leaders are also exposed to several MRT skills, and have the opportunity to experience a small taste of what Soldiers go through in the 10 day MRT course. Upon completing this course, Army leaders receive credit for completing their annual required Resilience training (AR 350-53). This course is offered quarterly, but can be scheduled for Unit specific leadership by calling the CSF2 training center.

- **Leader Development Course (LDC)**
- **Duration:** 5 Days
- **Intended Audience:** 1LT-2LT; E5-E7 (E4 by exception)
 - **Course Description:** Mid-level leaders have the opportunity to strengthen their leadership skills through this five-day leadership course presented by CSF2 MRT-PEs. The week long course is packed with information, activities, and obstacle courses that will empower Soldiers to implement principles and concepts from the CSF2 Performance Training Model immediately into their leadership style. Soldiers will learn how key concepts from skills such as Energy Management, Mental Skills Foundations, Building Confidence, and Attention Control can have a positive impact on leader effectiveness, and each Soldier will complete a Leadership Philosophy before graduating from the course. Finally, Soldiers will have the opportunity to complete the CSF2 Mental Fitness Obstacle Course, where their mental toughness will be put to the ultimate test! Courses are conducted quarterly, and best suited for LTs and E7-E4s.



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- **Deployment Cycle Resilience Training (DCRT)**
- **Duration:** 4-12 Hours (Can be divided into several days upon request)
- **Intended Audience:** MRT's
 - **Course Description:** DCRT is a requirement for Soldiers deploying 90 days or more, and taught at the Unit level by MRTs (i.e., 8-Romeos). In some cases, 8-Romeos may need additional training provided by CSF2 MRT-PEs in order to support this AR 350-53 requirement. The training time varies, but can last from 1-3 days depending on how many DCRT modules the MRT wants to be trained on. If a unit is deploying for 90 days or more, their MRT must contact the CSF2 Training Center and set up DCRT with one of our Resilience professionals. Soldiers who graduated from the MRT Course before Version 3.0 was released are exempt from this training, and are currently eligible to teach DCRT at the Unit level. Soldiers who graduated from the MRT Course any time after March 2014 must receive additional training from the CSF2 Training Center. If your unit is deploying for 90 days or more, please contact the CSF2 Training Center for more information.



- **Resilience Training Assistant (RTA) Course**
- **Duration:** 5 Days
- **Intended Audience:** 2LT-1LT, E5-E6 (E4 by exception)
 - **Course Description:** Soldiers who sign up for this course will receive 5 days of Resilience training taught by the professional MRT-PEs at the CSF2 Training Center. Upon completing the course, Soldiers will be eligible to become Resilience Training Assistants (command designates), and are tasked with helping Master Resilience Trainers conduct Resilience training at the Unit level. Over the course of a week, Soldiers will learn all 14 Resilience skills and complete the Practical Exercises from each module. According to AR 350-53, RTAs are eligible and encouraged to help 8Rs with implementing Resilience training across the force. Successful completion of this course is also a recommended prerequisite for the two-week Master Resilience Trainer course. This course is offered quarterly and intended for junior and mid-level Soldiers with an expressed interest in becoming an 8-Romeo.





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- **Soldier Performance and Operational Resilience Training (SPORT)**
- **Duration:** 10 Days
- **Intended Audience:** 1LT-2LT; E5-E7 (E4 by exception)
 - **Course Description:** The ten-day SPORT program is a Commander's program taught by MRT-PEs at the CSF2 Training Center. Commanders identify Soldiers who they believe would benefit from additional Resilience and Performance Enhancement training. This training is designed to take Soldiers to the "next level" of mental and physical readiness. The first four days consist of resilience training in all 14 resilience skills, resulting in qualification for designation as a Resilience Training Assistant (RTA, pending command recommendation). Day 5 is focused on the Performance Triad, and includes information on sleep, nutrition and a mental skills APFT training program. The final week of training comprises the Leader Development Course (LDC). In this course soldiers learn 6 critical mental skills that help to optimize operational performance. Upon completion of the course soldiers will be prepared to coach subordinates in these skills. This



- **Academic Performance Training (APT)**
- **Duration:** Varies by Soldier/Unit Request
- **Intended Audience:** All Soldiers interested in improving their exam taking and/or study skills through a comprehensive approach to academic development.
 - **Course Description:** CSF2 provides APT to Soldiers preparing for academic tests and/or MOS specific exams that require cognitive tasks, memorization, and effective study skills to perform optimally. In addition to learning effective study skill techniques, APT includes education-based training from CSF2's Performance Enhancement Model. This training includes education based on the most up-to-date research on how to prepare best for academic performances. APT is best suited for academic performances such as college classes, the EFMB test, DLPT test, Promotion Boards, and other tasks that require Soldiers to recall important information in stressful conditions. Soldiers learn how to memorize information more effectively, improve their reading comprehension, identify proven and effective note taking strategies, and how to leverage the most important tool in their test preparation: The Mind. Training can be conducted in the field, in the classroom, or both. Each training session will include content education, experiential activities, and group work to ensure Soldiers are clear how the training can apply to their lives. Each module will be tailored to best fit the academic performance of the Unit or Soldier(s).





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- **APFT Mental Training Course**
- **Duration:** 1 Day
- **Intended Audience:** All Soldiers interested in improving their APFT scores through incorporating Mental Skills Training into their existing training plan.
 - **Course Description:** Every Soldier is required to complete the annual Army Physical Fitness Test, which measures Soldier's physical and mental toughness across three basic performances: Push-ups, Sit-ups, and the two-mile run. In addition to the physical and tactical training provided at the Unit level, CSF2 offers Soldiers the opportunity to deliberately train the mental component of the APFT to give them the best chance at consistently improving their scores without any additional PT. CSF2 Training Centers employ civilians with an educational and training background in Sport and Performance Psychology. These professionals, called MRT-PEs, can conduct Performance training for units preparing for upcoming APFTs, leveraging 40+ years of research and science on performance excellence. This training is rooted in providing Soldiers with the most up-to-date training on the mental factors that contribute to performance. The CSF2 APFT training includes content from the following CSF2 modules: Mental Skills Foundations, Goal Setting, Energy Management, Building Confidence, Attention Control, and Integrating Imagery. Training can be conducted in the field, in the classroom, or both. Each training session includes content education, experiential activities, and group work to ensure Soldiers are clear how the training can apply to their lives. Each module is tailored to help improve performance and consistency on the APFT.



Family, Spouse, and Teen Resilience Training

Duration: Varies by Unit Request

Intended Audience: Couples, Spouses/Significant Others, Children Age 10-18

Course Description: CSF2 offers a variety of Resilience training workshops throughout the year. The curriculum is designed with the specific audience in mind, and each MRT skill is adapted to best suit the family members taking the course. Relevant case studies, examples, and activities used to highlight the application of each Resilience skill is deliberately designed with the intended audience in mind. Family Resilience training courses are offered at various times throughout the year. Please contact the CSF2 Training Center to find out the dates of upcoming Couples, Spouses, and Teen Resilience training!





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- **Personalized and Unit Performance Mental Training Plan**
- **Duration:** Varies by Unit Request
- **Intended Audience:** All Soldiers
 - **Course Description:** While physical and tactical training for Soldiers is provided at the Unit level, CSF2 offers Soldiers the opportunity to deliberately train the mental component of performance to give them the best chance to excel more consistently. CSF2 Training Centers employ civilians with an educational and training background in Sport and Performance Psychology. These professionals, called MRT-PEs, can conduct Performance training for units preparing for upcoming Army performances. They conduct Performance, or Mental Skills Training, teaching Soldiers how to leverage 40+ years of research and science on performance excellence. This training is rooted in providing Soldiers with the most up-to-date training on the psychological and mental factors that contribute to performance. The CSF2 Performance model includes the following modules: Mental Skills Foundations, Goal Setting, Energy Management, Building Confidence, Attention Control, and Integrating Imagery. Training can be conducted in the field, in the classroom, or both. Each training session includes content education, experiential activities, and group work to ensure Soldiers are clear how the training can apply to their lives. Each module will be tailored to best fit the performance of the Unit or individual Soldier. CSF2 also offers Mastery training, in which MRT-PEs work one-on-one with Soldiers to develop targeted Mental Training Plan for specific performances.



PLEASE CALL US AT:

808-655-9804

OR VISIT US AT

1612 FOOT AVE, BLDG 648

M-F 8 AM – 4PM