



Capabilities Overview

Ready and Resilient Performance Center (R2PC)

Overview

Ready and Resilient (R2) Performance Teams (R2PTs) advise Commanders and deliver mental skills and resilience training to Active Duty, Reserve and National Guard Soldiers, their families, and Units across 33 Army installations and through Mobile Training Teams (MTTs) worldwide. Tailored for classroom, field, or one-on-one settings, R2 training enhances performance, readiness, and cohesion in individual tasks, military schools, competitions, and unit operations.

Core Objectives: Sharpening the Mental Edge

1. **Build Resilience:** Strengthen personal and team resilience to overcome barriers like self-doubt, fatigue, and high-pressure situations.
2. **Enhance Cognitive Skills:** Sharpen focus, decision-making, and adaptability for mission success.
3. **Strengthen Team Dynamics:** Foster trust, communication, and accountability for cohesive teams.
4. **Boost Confidence:** Enable Soldiers to execute challenging tasks under pressure with confidence and precision.

Mental Skills and Resilience Training

1. **Skills:** Confidence building, attention control, mindfulness, imagery, emotion regulation, biofeedback, goal setting, assertive communication, and resilience techniques.
2. **Applications:** Enhances performance in tasks like academic test taking, weapons qualifications, Army Combat Fitness Test, and live-fire exercises. Programs include Core Performance, Core Resilience, Deployment Cycle Resilience Training (DCRT), ENGAGE (early intervention), and ACE-SI Tier 2 (crisis intervention).

Leadership Programs:

Individual Development-

1. **Individual Skills:** Evidence-based techniques for personal leadership, such as problem-solving, character strengths, and self-awareness to build resilience and decision-making.
2. **Programs:** Leader Development and Counseling Enhancement to equip leaders with tools for self-regulation and performance.

Organizational Advising-

1. **Organizational Skills:** Guidance on team-building, trust, and accountability to support collective resilience for squads, platoons, or targeted groups.
2. **Programs:** Great Teams and G.R.I.T. to facilitate dialogue and integrate resilience into unit activities.

Training Contexts & Impact

1. **Soldier Tasks:** Addresses challenges like overthinking in land navigation or loss of confidence during CBRN, rappelling, water survival and airborne training.
2. **Military Schools:** Boosts readiness to succeed in challenging academic settings; enhances focus and tenacity in courses like Air Assault, Airborne and Ranger School.
3. **Competitions:** Enhances performance in events like Best Warrior, Best Squad and Expert Soldier, Medic and Infantryman qualification events through stress management and improved task focus.
4. **Unit Tasks:** Improves communication and trust in routine training management, logistics, small-team activities and collective tasks like battle drills.

R2 Performance Experts tailor training for Units, individuals, or schools. Contact your nearest R2PC to schedule a consultation or reach out to the R2 Training Proponent at resilience@army.mil to learn more!