



COMPREHENSIVE SOLDIER & FAMILY FITNESS (CSF2) SPOUSE TRAINING



Fort Benning, Home of the MCoE



Be at your best when it matters the most.

Tuesday – Thursday

Lessons taught include:

- (MSF) Mental Skills Foundation
- (BC) Building Confidence
- (AC) Attention Control
- (EM) Energy Management
- (GS) Goal Setting
- (IM) Integrating Imagery

- Who: Spouse's Development Course
- What: 12 hr CSF2 Spouse Development course combining instruction of Enhance Performance, LEP and MRT skills
- When: 19-21 March 2013
- 16-18 April 2013
- 14-16 May 2013
- 18-20 June 2013
- 16-18 July 2013
- Where: Bldg 328, Brown Hall, 7250 Ingersoll St., Fort Benning, GA.
- Why: Life is full of those moments in family life, social life, sporting life, and work, where we need to perform our best.
- How can you be at your best when it matters the most? We can teach you ways to be at your best when it matters the most.

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