

CSF2 Executive Resilience and Performance Course (8 Hour)

Purpose

To enhance the capability of Battalion Level Leadership to recognize and address the factors of optimal performance through means of mental skills training designed to maximize leader attributes and accelerate unit excellence.

Course Description

The 8-hour is designed to target Battalion Level Leadership.

Scope

Battalion level Leadership will receive training in Hunt the Good Stuff, Active Constructive Responding, ATC, Mental Skills Foundations, Goal Setting, Avoid Thinking Traps and Confirmation Bias, Energy Management, Deliberate Breathing, Operational and Institutional Resilience, Detect Icebergs, Attention Control, Put it in Perspective, Lunch, Integrating Imagery, and Implementation Plan.

Course Outcome

The Executive Resilience and Performance Course will enhance the capability of Battalion Level leaders to recognize and address the factors of optimal performance through means of mental skills training designed to maximize leader attributes and accelerate unit excellence by implementing a successful MRT Unit Plan.

Length

1day (8 hours)

Course Prerequisites

Students must be in a Battalion Level Leadership Role as Battalion CDR or CSM. Students cannot miss more than two (2) hours of class. Students will be rescheduled for a later class to insure they do not miss necessary appointments.

What to bring

- Writing instrument and paper for Note taking

Location:

All training will occur at Building 224, Class room 128

Registration Process

Course registration is done by Student emailing requested date to usarmy.benning.mcoe.mbx.csf2@mail.mil

Units / Personnel not station at Fort Benning may send inquires to:

usarmy.benning.mcoe.mbx.csf2@mail.mil

For additional information contact Ms. Valerie Garner at usarmy.benning.mcoe.mbx.csf2@mail.mil Phone: (706) 626-8563

Or

Mr. Sam Rhodes, Fort Benning CSF2 Program Manager at Samuel.m.rhodes2.civ@mail.mil

Course Start Time

MONTH	CLASS NO	REPORT DATE	END DATE	REPORT TIME	LOCATION BLDG/RM
January	01-16	20 JAN 16	20 JAN 16	0800	BLDG 224 RM 128
August	02-16	18 AUG 16	18 AUG16	0800	BLDG 224 RM 128