

Department of the Army Civilians
CSF2 Resilience Training (4 Hours)

Purpose:

Increase the physical and psychological health, resilience and performance of Department of the Army Civilians working for Fort Benning.

Course Description:

The 4 hour resilience training is designed to target Department of the Army Civilians.

Scope:

All Fort Benning GA Department of the Army Civilians will receive training in MRT Competencies, Hunt the Good Stuff, Assertive Communication, and Active Constructive Responding as part of their annual training.

Course Outcome:

The Resilience training will enhance the capability of DACs to recognize and address the benefits of mental skills training designed to maximize leader attributes and accelerate individual excellence by implementing a successful real time resilience plan.

Length:

1 Day (4 Hours) 0800 – 1200

Class Size:

30 – 40 seats

Course Prerequisites:

Students must be in a Department of the Army Civilian position. Students cannot miss any portion of the 4 hour training. Students must have completed the Global Assessment Tool 2.0 (GAT 2.0) within 30 days of training.

What to bring:

- Writing instrument and paper for Note taking
- Copy of GAT 2.0 Certificate

Location:

All training will occur in Building 35.

Registration Process:

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

For additional information contact:

SFC Rogers, Fort Benning CSF2 at MICHAEL.A.ROGERS11.mil@mail.mil at (706) 545-5660.

Mr. Rhodes, Fort Benning CSF2 Program Manager at Samuel.m.rhodes2.civ@mail.mil telephone number 706-545-6033.

Course Start Time

MONTH		REPORT DATE	END DATE	CLASS TIME	LOCATION BLDG/RM
OCT 2015	01-16	8 OCT	8OCT	0800-1200	BLDG 35 ROOM 328
OCT 2015	02-16	22 OCT	22 OCT	0800-1200	BLDG 35 ROOM 219
NOV 2015	03-16	5 NOV	5 NOV	0800-1200	BLDG 35 ROOM 219
NOV 2015	04-16	19 NOV	19 NOV	0800-1200	BLDG 35 ROOM 219
DEC 2015	05-16	3 DEC	3 DEC	0800-1200	BLDG 35 ROOM 219
DEC 2015	06-16	17 DEC	17 DEC	0800-1200	BLDG 35 ROOM 219
JAN 2016	07-16	7JAN	7 JAN	0800-1200	BLDG 35 ROOM 219
JAN 2016	08-16	21 JAN	21 JAN	0800-1200	BLDG 35 ROOM 219
FEB 2016	09-16	11 FEB	11 FEB	0800-1200	BLDG 35 ROOM 219

FEB 2016	10-16	25 FEB	25 FEB	0800-1200	BLDG 35 ROOM 219
MAR 2016	11-16	10 MAR	10 MAR	0800-1200	BLDG 35 ROOM 219
MAR 2016	12-16	24 MAR	24 MAR	0800-1200	BLDG 35 ROOM 219
APR 2016	13-16	7 APR	7 APR	0800-1200	BLDG 35 ROOM 219
APR 2016	14-16	21 APR	21 APR	0800-1200	BLDG 35 ROOM 219
MAY 2016	15-16	19 MAY	19 MAY	0800-1200	BLDG 35 ROOM 219
JUN 2016	16-16	9 JUN	9 JUN	0800-1200	BLDG 35 ROOM 219
JUN 2016	17-16	23 JUN	23 JUN	0800-1200	BLDG 35 ROOM 219
JUL 2016	18-16	14 JUL	14 JUL	0800-1200	BLDG 35 ROOM 219
JUL 2016	19-16	28 JUL	28 JUL	0800-1200	BLDG 35 ROOM 219
AUG 2016	20-16	18 AUG	18 AUG	0800-1200	BLDG 35 ROOM 219
SEP 2016	21-16	15 SEP	15 SEP	0800-1200	BLDG 35 ROOM 219
SEP 2016	22-16	29 SEP	29 SEP	0800-1200	BLDG 35 ROOM 219