

## **PERFORMANCE LEADER DEVELOPMENT COURSE**

### **Purpose**

To Enhance the capability of 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.

### **Course Description**

The 40-hour (5 days) Leader Development Course (LDC) is designed to target Soldiers in the grade of SGT– CPT or DA civilian equivalent in direct leadership roles.

### **Scope**

The LDC Course address the 3 critical targets, during the 5-Day course targeting direct level leaders to become force multipliers of performance enhancing mental skills training. In concerted efforts across multiple CSF2 Training Centers, the Leader Development Course (LDC) is now executed alongside existing initiatives and in support of the CSF2 vision to increase the physical and psychological health, resilience and enhanced performance of Soldiers, Families and Army Civilians.

### **Course Outcome**

The LDC's process of learn, do, coach follows a progression of training similar to crawl, walk, run that is familiar to Soldiers. The course is set up for Soldiers to (1) Learn - gain an understanding of human performance and the skills that have shown to build mental toughness; (2) Do - gain practical knowledge of the material as they apply and integrate the skills in a performance setting; (3) Coach - practice coaching and communicating course concepts in the context of their leadership position. Enhance the capability of 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

### **Length**

1 weeks (5 training days for a total of 40 academic hours)

### **Course Prerequisites**

Students' should be in a direct leadership role. Soldiers should be E-5 or above. All students attending to course shall be exempt for all additional duties while in attendance. 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:

**Report to Building 328 Brown on day one, 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](mailto: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](mailto:usarmy.benning.mcoe.mbx.csf2@mail.mil)

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

Sam Rhodes, Fort Benning CSF2 Program Manager at [Samuel.m.rhodes2.civ@mail.mil](mailto:Samuel.m.rhodes2.civ@mail.mil) or phone (706) 545-6033

## Course Start Time

0730 hours in APFT uniform for reporting Monday

MONTH	CLASS NO		REPORT TIME	LOCATION BLDG/RM
July	09-15	13 July 15	0730	Brown Hall Bldg 328
August	10-15	03 Aug 15	0730	Brown Hall Bldg 328
September	11-15	14-Sep-15	0730	Brown Hall Bldg 328
October	01-16	19-23 Oct 15	0730	Brown Hall Bldg 328
November	02-16	16-20 Nov 15	0730	Brown Hall Bldg 328
February	03-16	22-26 Feb 16	0730	Brown Hall Bldg 328
April	5-16	28 Mar – 1 Apr 16	0730	Brown Hall

				Bldg 328
May	06-16	6-20 May 16	0730	Brown Hall Bldg 328
June	07-16	20-24 June 16	0730	Brown Hall Bldg 328
July	08-16	11-15 July 16	0730	Brown Hall Bldg 328
August	09-16	22-26 Aug 16	0730	Brown Hall Bldg 328
September	10-16	12-16 Sept 16	0730	Brown Hall Bldg 328