



Individual Mastery Performance Coaching (IMPC) Request For R2 Coaching Consultation



U.S. ARMY

Army Ready and Resilient Performance Teams (R2PTs) coach, train and assist Leaders, Soldiers and Sponsored Dependents across the Total Army. US Army R2PTs provide in-person, virtual and mobile training team support to meet Army needs around the globe.

Purpose: This form is used to initiate a request for **one-on-one or small team performance coaching** with an R2 Performance Expert (R2PE). The information provided will be used to schedule an initial consultation with an R2 PE who can help you meet your performance goals.

Instructions: Please complete **SECTION 1** of this form and submit by email to the R2 Performance Team nearest you. If you are unsure which R2 Team is closest to where you are, simply submit this form by email to resilience@army.mil and an R2PE near you will reach out to schedule your initial consultation.

Section 1: Participant Information

- a. Last Name:
- b. First Name:
- c. DoDID #:
- d. Unit (Service Member Only):
- e. Preferred Email Address:
- f. Preferred Time of Day for Initial Consultation: Morning Afternoon Evening
- g. Preferred Method of Coaching: In-Person Virtual Blended Don't Know
- h. Briefly Describe why you would like to meet with an R2 Performance Coach:
- i. Country of Residence:
- j. State of Residence:
- l. Zip Code:
- k. Phone Number:

Statement of Acknowledgement:

I understand that R2 PEs provide performance enhancement training to improve mental agility and cognitive performance. R2 Teams do not provide other services such as medical, behavioral health, strength and conditioning or athletic trainer services. R2 Performance Experts can assist with goal setting, identification of barriers to success, and can provide tailored skills training to help me improve academic, athletic, professional and/or operational performance. I would like to meet with an R2 PE to discuss my specific goals and needs.

By signing below, I acknowledge that I will be required to review and sign a more detailed Informed Consent form if I decide to proceed with performance coaching before my training can begin.

Type or Sign Your Name:

Today's Date:

Section 2: R2 Performance Team Assignment

Received by:

R2 IMPC Tracking #:

Assigned to:

R2 PE Signature:



Individual Mastery Performance Coaching (IMPC) **Request For Consultation**



**Submit your Request for Performance Coaching to the
R2 Performance Center Team nearest You!**

<u>State/Country</u>	<u>R2 Team Email Address</u>
Alaska	R2TeamAlaska@army.mil
Arizona	R2TeamHuachuca@army.mil
California	R2TeamDLI@army.mil
California	R2TeamIrwin@army.mil
Colorado	R2TeamCarson@army.mil
Georgia	R2TeamBenning@army.mil
Georgia	R2TeamGordon@army.mil
Georgia	R2TeamStewart@army.mil
Hawaii	R2TeamHawaii@army.mil
Kansas	R2TeamLeavenworth@army.mil
Kansas	R2TeamRiley@army.mil
Kentucky	R2TeamCampbell@army.mil
Kentucky	R2TeamKnox@army.mil
Louisiana	R2TeamPolk@army.mil
Alabama	R2TeamRucker@army.mil
Missouri	R2TeamLeonardWood@army.mil
New York	R2TeamDrum@army.mil
North Carolina	R2TeamBragg@army.mil
Oklahoma	R2TeamSill@army.mil
South Carolina	R2TeamJackson@army.mil
Texas	R2TeamBliss@army.mil
Texas	R2TeamHood@army.mil
Texas	R2TeamJBSA@army.mil
Virginia	R2TeamLee@army.mil
Virginia	R2TeamNCR@army.mil
Washington	R2TeamJBLM@army.mil
Germany	R2TeamGermany@army.mil
Italy	R2TeamItaly@army.mil
Japan	R2TeamJapan@army.mil
South Korea	R2TeamKorea@army.mil
R2 Questions	Resilience@army.mil

**If you are unsure who to submit your Coaching Request to,
simply send it to resilience@army.mil and an R2 Performance
Expert will reach out to discuss your needs!**