



# Did You Know?

## WTU Resilience and Performance Enhancement Training

*"When trainees apply resilience training to their lives, personally or professionally, the positive things they are seeing are overwhelming. Relationships are being saved. Leaders are more confident because they can communicate better."*

*- Master Sgt. Jennifer Loreda, Master Resilience Trainer*

### What is resilience and performance enhancement?

The U.S. Army [Ready and Resilient](#) initiative defines resilience as: the mental, physical, emotional and behavioral ability to face and cope with adversity, adapt to change, recover, learn and grow from setbacks.

### What is resilience and performance enhancement training?

[Warrior Transition Units](#) (WTUs) work closely with the Army-wide [Comprehensive Soldier and Family Fitness Program](#) (CSF2) to provide tailored training for wounded, ill and injured Soldiers and the Families, Caregivers and Cadre who support them. This program focuses on training and self-development tools, which include twelve resilience skills and 6 performance enhancement skills.

### Who runs the trainings?

CSF2 trains Master Resilience Trainers (MRTs) to hold resilience classes. At least one MRT is embedded in each WTU. This trainer is available for one-on-one mastery sessions and for general follow up with anyone at the WTU. CSF2 Training Centers are located at 16 installations across the United States. They support their local WTUs and provide Mobile Training Teams to WTUs who do not have a Training Center at their installation.

### When do Soldiers do resilience and performance enhancement training?

The Warrior Care and Transition Program (WCTP) requires quarterly resilience training at all WTUs, and many WTU Commanders conduct more frequent trainings. The first round of training occurs as part of in-processing. Soldiers also receive performance enhancement training as part of the Phase II Goal Setting Program, a component of the Comprehensive Transition Plan (CTP). Phase II Goal Setting training includes the development of mental skills, building confidence, attention control, energy management, goal setting, integrating imagery and a capstone exercise.

### How do Families get resilience and performance enhancement training?

CSF2 Training Centers coordinate with the [Soldiers and Family Assistance Center](#) (SFAC) to provide quarterly workshops and other resources for Families. Many WTUs advertise resilience training opportunities for Families through social media and the Family Readiness Group (FRG) email chain. Spouses may also participate in MRT courses. Contact the Family Readiness Support Assistant (FRSA), FRG and SFAC for more information on resilience or MRT trainings.

### How do Cadre members get resilience training?

Since 2012, new Cadre attend the [Cadre Resilience Course](#) as a precursor to the WTU Resident Course. More than 400 Cadre members were trained in FY 2013 on personal resilience skills that they can incorporate into their own lives and mentorship interactions with the Soldiers they support. Cadre members are also provided performance enhancement trainings at their WTUs as refresher training.

**Warrior Care and Transition (WCT)**

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### **Why is resilience and performance enhancement training important?**

Resilient individuals are better equipped to overcome adversity, transition back to the force or onto civilian life and to leverage mental and emotional skills and behavior. Regular training allows resilience to be built, maintained and strengthened. This is a particularly important part of recovery and transition for wounded, ill and injured Soldiers and their Families.

### **Where can I learn more?**

The CSF2 [Global Assessment Tool](#) (GAT) is an online survey that Soldiers must take annually and spouses may opt to take through CSF2. It provides individual self-awareness in the five dimensions of strength that correlate with the CTP—emotional, social, spiritual, Family and physical. After completing the GAT each year, Soldiers and spouses have access to digital scenario-based Comprehensive Resilience and Performance Modules (CRMs) that focus on any areas they might want to strengthen. There are over 60 modules, such as social resilience and effective communication. More information about resilience can be found on the U.S. Army [Ready and Resilient](#) initiative website.