



ARMY RESILIENCE DIRECTORATE

READY AND RESILIENT (R2) PERFORMANCE CENTERS

FACTSHEET

Ready and Resilient

Ready and Resilient (R2) provides the foundation for individuals to build and sustain personal readiness and resilience. R2 provides training and education resources to Soldiers in Active Duty, Reserve, and National Guard, as well as Family Members and Department of the Army Civilians at 32 R2 Performance Centers across the Army.

Increase Your Resilience

Resilience is a process that requires adoption of productive thoughts, actions, and habits that can be learned. Resilience is not just about “bouncing back” from major life challenges. Resilience prepares you to deal with life’s challenges by giving you the ability to cope with adversity, adapt to change, and thrive under new conditions.

Benefits of Mental Readiness

Mental readiness is an individual’s or team’s ability to think, feel, and act in a manner that optimizes performance in a demanding environment or with occupational and combat-specific tasks. Mental readiness, like physical readiness, can be improved, and requires intentional training to achieve peak levels of performance.

Master Resilience Trainers-Performance Experts (MRT-PEs)

MRT-PEs work at R2 Performance Centers and can help Soldiers understand and enhance the mental side of performance, maximize the benefits of training, and provide skills and techniques to develop strong teams. MRT-PEs are contractors who have a master’s or doctoral degree with a specialized emphasis in sport and/or performance psychology. This educational background and expertise equip our trainers with the methods, knowledge, and evidence-based practices to make a measurable, positive impact on your performance or your unit’s performance.

Types of Training Offered

R2 Performance Centers offer a range of pre-packaged courses to include:

- **Master Resilience Trainer Courses (MRTC)**
- **Deployment Cycle Resilience Training, Train the Trainer (DCRT-T4T)**
- **Executive Resilience and Performance Course (ERPC)**
- **ENGAGE-Bystander Intervention**
- **Squad Leader Development Course (SLDC)**
- **Ask Care Escort-Suicide Intervention, Train the Trainer (ACE-SI-T4T)**
- **And more**

MRT-PEs can also customize training based on your needs and availability to suit any number of performances. They can facilitate a singular training experience or run a series of workshops to help achieve mental skills mastery. MRT-PEs create a dynamic learning experience in whichever “classroom” setting makes the most sense. For example, MRT-PEs can provide training at the range, the gym, at your unit, or in our R2 Performance Centers.

- **Team Building**
- **Leadership Development**
- **Performance Training**
- **Academic Performance Training**
- **SRU and Warrior Games Support**
- **Cadet Summer Training**

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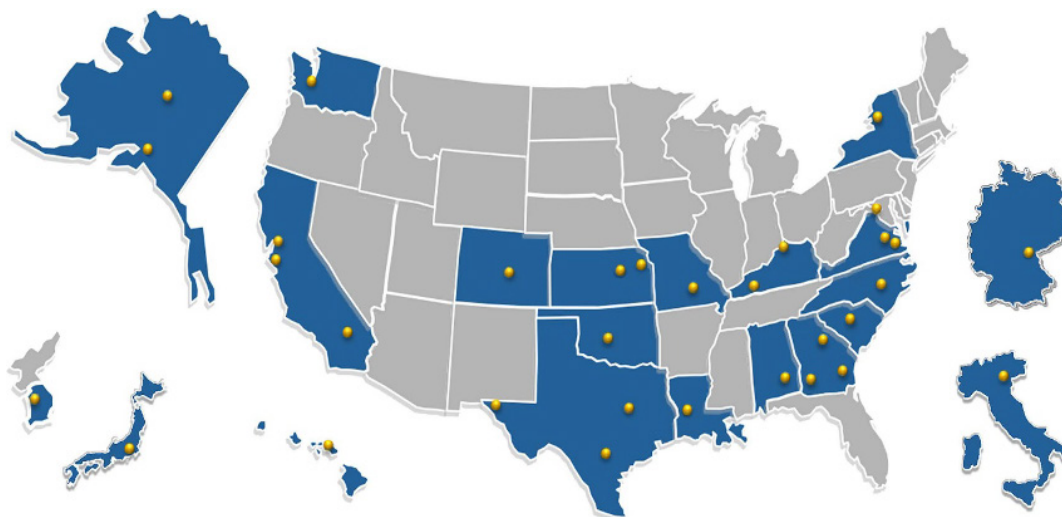
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Get Started: Schedule R2 Training

Contact a nearby R2 Performance Center. Services are available to individual Soldiers who walk in or entire groups who need training. Visit the R2 website for more information: www.armyresilience.army.mil/ard/R2



R2 PERFORMANCE CENTERS

Camp Humphreys	DSN 315-755-0748	Fort Leonard Wood	573-563-4208
Camp Zama & Torii Station Okinawa	DSN 315-652-5497	Fort Leavenworth	913-684-1786
Fort Belvoir (National Capital Region)	703-806-0613	Fort Polk	337-531-2427
Fort Benning	706-626-8563	Fort Riley	785-239-8835
Fort Bliss*	915-568-6684	Fort Rucker	334-255-9203
Fort Bragg	910-908-4459	Fort Sill	580-442-6054
Fort Campbell*	270-412-5390	Fort Stewart	912-767-4153
Fort Carson	719-526-0828	Fort Wainwright /Joint Base Elmendorf-Richardson	907-353-5804
Fort Drum	315-774-2321	Joint Base Langley-Eustis	703-571-7294
Fort Gordon	706-791-2582	Joint Base Lewis-McChord	253-968-7642
Fort Hood*	254-288-4372	Joint Base San Antonio - Fort Sam Houston	210-808-6089
Fort Irwin	760-380-7885	Parks Reserve Forces Training Area / Presidio of Monterey / DLI	925-875-4808
Fort Jackson	803-751-5913	Schofield Barracks	808-655-9804
Fort Knox	502-624-3222	Vicenza, Italy	DSN 314-637-2597
Fort Lee	804-734-4108	Vilseck, Germany	DSN 314-476-2333

* These sites have embedded MRT-PEs in select Brigades as part of a pilot program directed by ARD.

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