



Master Resilience Training

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

What is Master Resilience Training (MRT)?

(Discussion: Below are points to bring up.)

- A program of 14 life skills focused on developing six competencies that enhance resilience
- **Can my spouse or teenager receive Resilience training?**
- MRT is taught to Soldiers and their Families. Spouses can become MRTs and teach the skills within FRGs. Teenagers can attend courses specifically developed for teen resilience.

The focus of MRT is to build resilience. What is resilience?

(Discussion: A definition is listed below)

- Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

What are the six competencies that are essential for resilience?

- Self-awareness, Self-regulation, Optimism, Mental Agility, Strengths of Character, Connection

MRT is taught using formal classroom training and by operationalizing the skills. Operationalizing the skills reinforces formal training by demonstrating and using the skills in day-to-day life.