



Master Resilience Training

TASK: Review Master Resilience Training

CONDITIONS: Discussion and Q & A

STANDARDS: Understanding of Master Resilience Training

REFERENCE(S): <http://csf2.army.mil>



Master Resilience Training

Master Resilience Training (MRT)

- A program of 14 life skills focused on developing six competencies that enhance resilience
- Soldiers attend a 10 day level 1 course to learn the 14 skills. At the end of the course Soldiers receive the ASI of 8R and are then qualified to train MRT.
- The 14 MRT skills are USR reportable and must be trained within a year
- Spouses and Teenagers
 - Spouses can attend the 10 day MRT level 1 course and become certified to train MRT. Many spouses then train the skills within FRGs.
 - A Teen Resilience program is available. Teens attending the program learn the 14 MRT Skills so they can begin applying the skills early in life.



Master Resilience Training

The focus of Master Resilience Training

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

- Focuses on building the following six competencies that are essential for resilience:
 1. Self-awareness
 2. Self-regulation
 3. Optimism
 4. Mental Agility
 5. Strengths of Character
 6. Connection



Master Resilience Training

Training MRT's

- Formal Training
 - Teaching the 14 skills within a classroom setting
 - USR reporting requirement; 8R MRTs are required to train all 14 skills within their unit each calendar year

- Operationalizing the Skills
 - Reinforces formal training by demonstrating and using the skills in day-to-day life