



**Army Center for  
Enhanced Performance**



U.S. ARMY

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# Why ACEP?

How does ACEP fill an Army need and provide value to the force?

## EVOLVING THE TRAINING PARADIGM FOR SOLDIER/LEADER DEVELOPMENT

Developing the Entire Human Dimension

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### Mental Effort

- Self Aware
- Self-Regulating
- Instinctive
- Adaptive
- Agile

- Build Confidence
- Establish Purpose
- Control Attention
- Recover Energy
- "See" the Battlefield

### Physical Effort

- Self-Critical
- Analytical
- Judgmental

- Physical Training
- 8-Step Tng model
  - AARs
  - Repetition



*-Army doctrine tells us what we must "be," ACEP is geared toward arming our Soldier and leaders with the knowledge and skills to get there.*

*-Current Army training methods puts Soldiers in realistic stressful environments, ACEP teaches Soldiers and leaders how to handle and thrive in these stressful environments.*



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# ACEP MISSION

The mission of the ACEP is to develop the full potential of Warriors, DA Civilians and Families using a systematic process to enhance the mental skills essential to the pursuit of personal strength, professional excellence, and the Warrior Ethos.

What ACEP Provides: (Mission Essential Tasks)

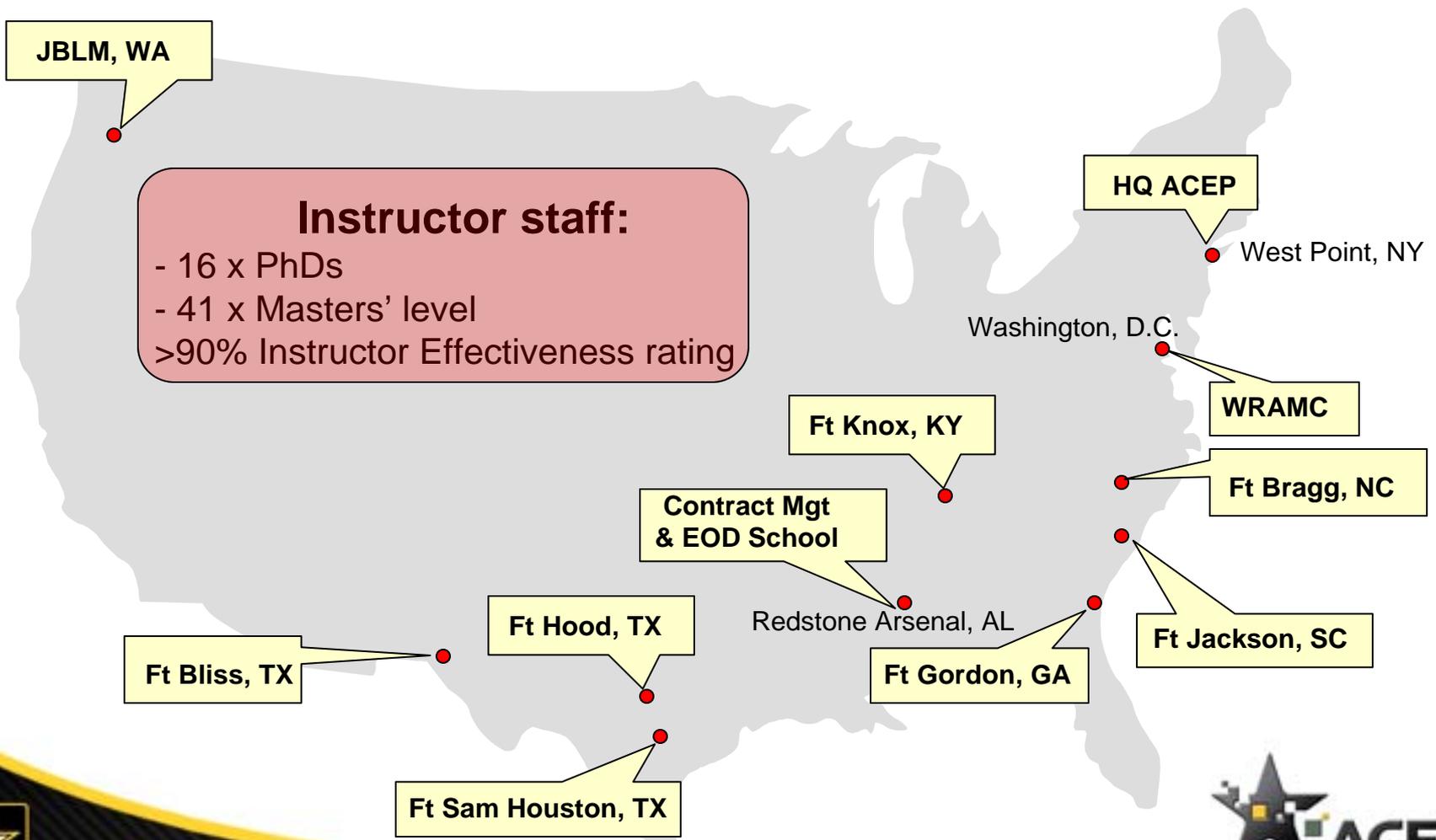
1. Performance Enhancement Education and Training
2. Teambuilding
3. Resilience Training
4. Learning Enhancement Program



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# Current ACEP Locations

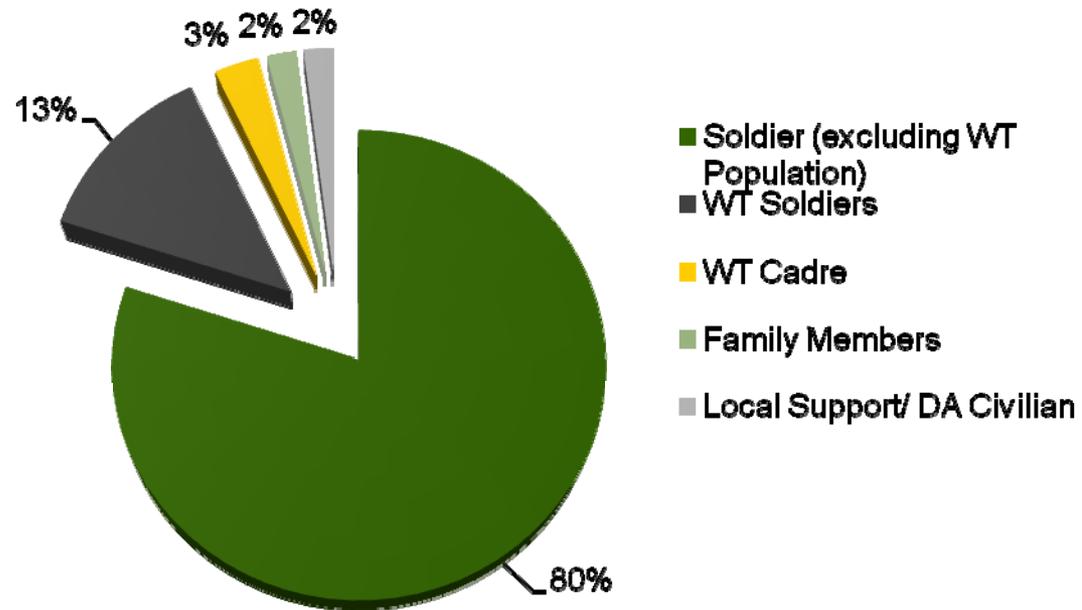
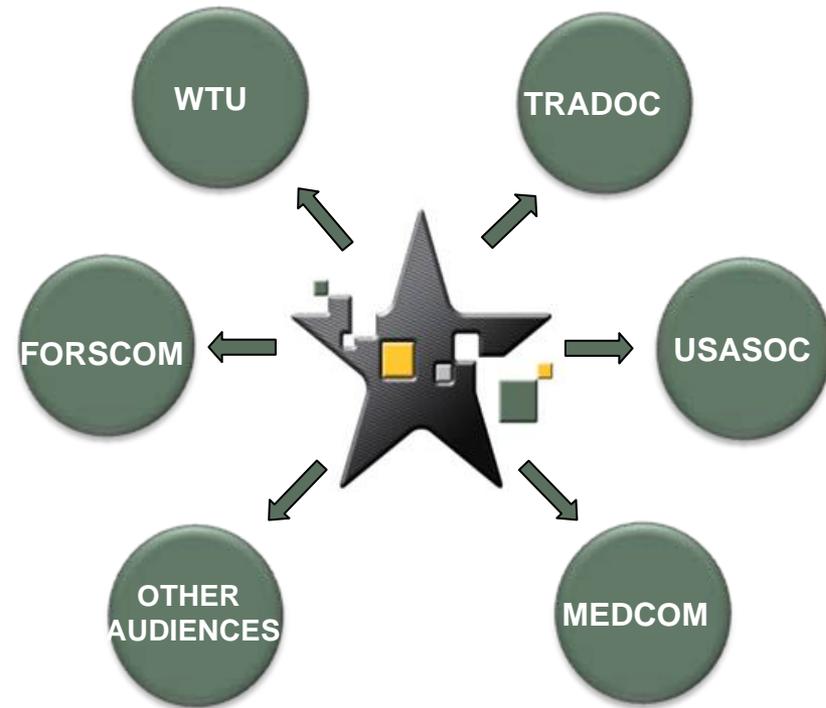


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# Current Mission Support



**TOTAL = 32,730 (FY09)**



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# Performance Enhancement Education Model

Learn about the nature of optimal performance and how to unlock it using mental skills and techniques

Learn practical and effective thinking techniques that develop, sustain, and protect confidence in any situation

Learn goal setting principles to plan, execute, and persevere to achieve excellence

MENTAL SKILLS FOUNDATIONS

5 MENTAL SKILLS

BUILDING CONFIDENCE

GOAL SETTING

ATTENTION CONTROL

ENERGY MANAGEMENT

INTEGRATING IMAGERY

MENTAL STRENGTH FOR LIFE

Learn how to direct, sustain, and shift attention on demand for greater concentration and mental agility

Learn energy management techniques that produce composure under stress, sustain energy, and maximize recovery

Learn the 'how to' of mental preparation by using practical imagery techniques to enhance skill development, tactical intuition, and instinctive execution

“Being at your best when it matters most”



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# TEAM BUILDING

Great Teams Exercise Workshop: (Intent) Develop a team philosophy and purpose in order to enhance cohesion.

Team Goal Setting Workshop: (Intent) Establish a long-term organizational end state and a detailed collaborative blueprint to achieve organizational goals in order to enhance cohesion.

*Cohesion: “A dynamic process that is reflected in the tendency of a group to stick together and remain united in the pursuit of its instrumental objectives and/or for the satisfaction of member needs” (Carron, Brawley, and Widmeyer)*

*Social Cohesion: The nature and quality of the emotional bonds of friendship, liking, caring, and closeness among group members.*

*Task Cohesion: The shared commitment among members to achieving a goal that requires the collective efforts of the group.*

**\*Above workshops facilitate and complement the Commander’s or leader’s Vision and intent for the unit or organization**



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# RESILIENCE

## Support to Master Resilience Trainer Course (MRTC)

- 8 hours of mental skills training and education focused on education and acquisition phases of Energy Management and Goal Setting on Day 10 of MRT-C.
- MRT-F certified Performance Enhancement Specialists (PESs) supporting MRT-Cs at Ft. Jackson, UPENN, Philadelphia, and CONUS and OCONUS MTTs (Meade, Graff, Korea, Hawaii)

## “Operationalizing” Resilience:

- PES SMEs working with MRTs and Command Teams to develop and implement Resilience Training for units
- ACEP sites are a cornerstone of the Resilience Campus Concept (e.g. Hood)
- Blended Performance and Resilience Training for DSS (Knox and Jackson)
- 90% of ACEP PES MRT certified by 1<sup>st</sup> QTR, FY2011

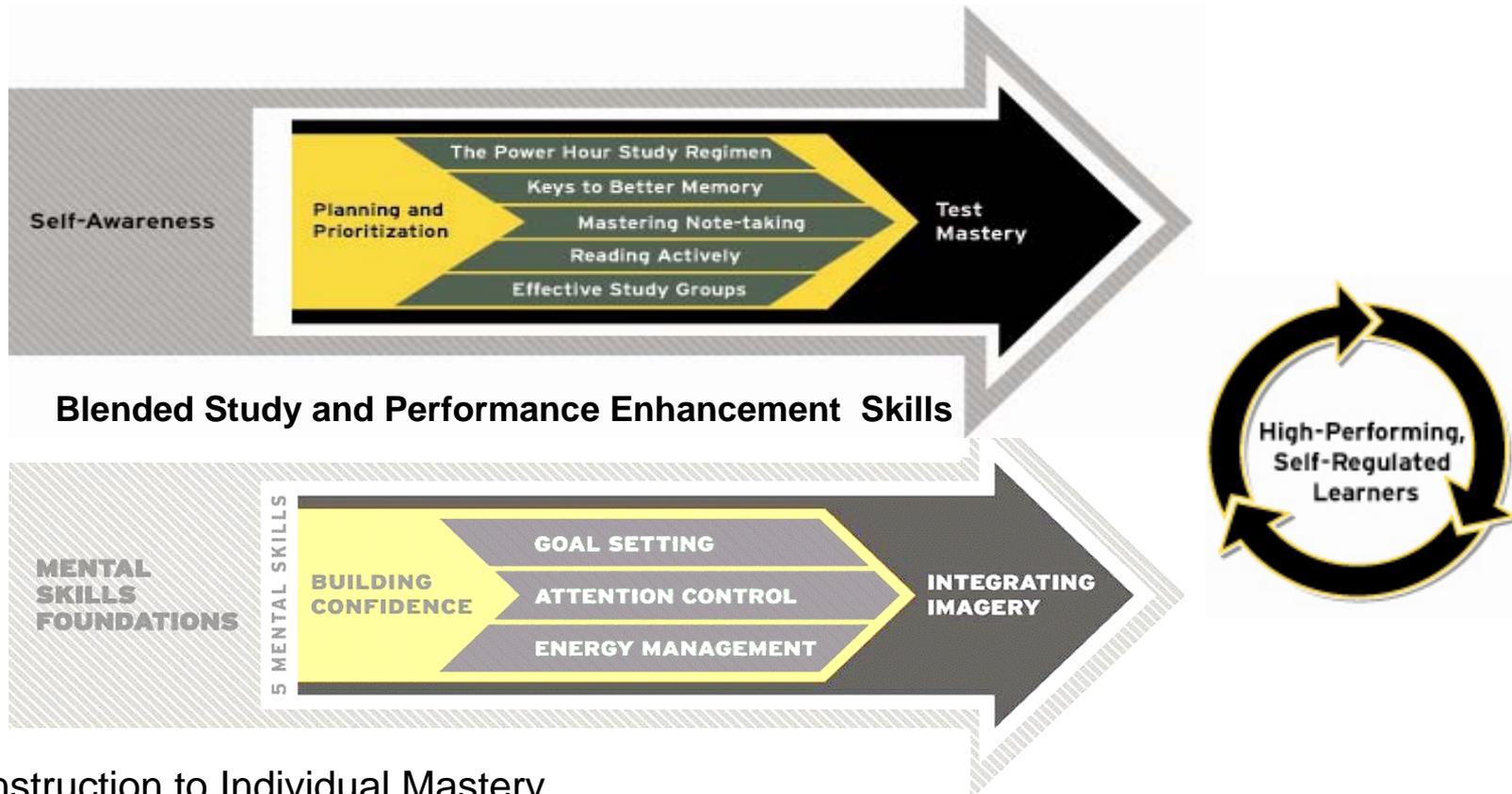


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# Learning Enhancement Program (Pilot)



Warrior-Students in Army schoolhouses

- Group Instruction to Individual Mastery
- Uniquely tailored to academic and attrition challenges
- Delivery through qualified and certified SMEs
- Ongoing research and Program Evaluation

Modified from U.S. Military Academy Academic Excellence Program and currently offered at:

Fort Bragg – USAJFKSWCS

Fort Sam Houston – AMEDDC&S

Redstone Arsenal– EOD School



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# Program Evaluation

## Participant Feedback:

**80%> Effective**

**85%> Will Use Skills**

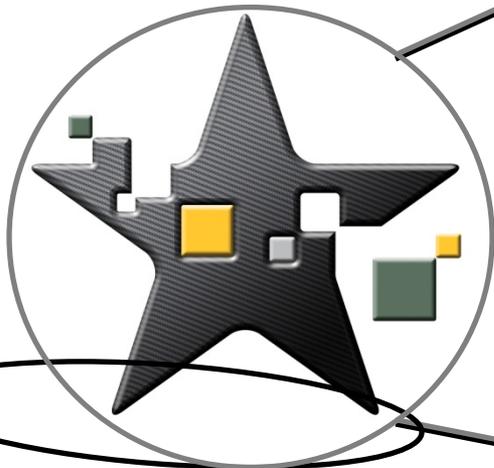
**85%> Recommend to others**

**90%> Instructor Effectiveness**

- *“I have enjoyed and benefited more from this program and instruction than any other I can recall receiving in the military. Well organized and presented. Thank you very much.”*
- *“This class gave me the skills to organize my goals for transition and findings ways to work with my TBI symptoms – Warrior in Transition (WT)”*
- *“This training needs to be more wide-spread, ACEP training is a valuable set of tools that can help any unit in the Army.”*
- *“Combat is a thinking man’s game...you first need to get your mind right in order to ensure your survival.” – SF MSG*



# Strategic Network



**ACEP HQ**  
**West Point, NY**

## Intellectual Capital and Science

**Purpose:** Research and development of evidence based curricula, collaboration, inquiry, Research Funding

- Association for Applied Sport Psychology
- Walter Reed Army Institute of Research
- Human Performance Institute (corporate)
- Cal-State University, Fullerton
- Penn State University
- University of Pittsburgh
- Office of the Secretary of Defense for Psychological Health (OSDPHA)
- DCOE
- Western Washington University
- University of Tennessee
- Florida State University
- APEX (corporate)
- University of Pennsylvania
- University of Idaho
- Human Performance Resource Center (HPRC) USMS

## We Support

**Purpose:** Identify how to best service specific populations; Build rapport and advocacy; Resourcing

- TRADOC
- USASOC
- FORSCOM
- MEDCOM
- WTC
- IMCOMM
- AWG
- Comprehensive Soldier Fitness (CSF)
- Family Members
- DA Civilians
- Army War College
- NICOE
- TRADOC Human Dimension



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