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*Command Sgt. Maj. Nelson Maldonado, Garrison CSM, leads a session on resiliency and its importance for all leaders -- Soldiers, Army civilians and Families.*

*"It is not the strongest of the species that survive, nor the most intelligent, but the ones most resilient and responsive to change."*

These words, first spoken by Charles Darwin when speaking of evolution, ring true today. Physical fitness is not the only hallmark of the U.S. Army -- resilience also ranks high in developing strong Soldiers, Army civilians and Families.

This was the message from Command Sgt. Maj. Nelson Maldonado, Carlisle Barracks CSM, to a gathering of garrison directors and leaders during an introduction to Master Resilience Training Oct. 27 in Upton Hall. During the hour-long session Maldonado shared why resiliency is vital for not just Soldiers, but civilian employees and family members.

"Resilience is not new, but the Army knows how important this is," said Maldonado, who is a trained Master Resilience Trainer. "It's important for all of us to be aware of and address our mental and emotional fitness."

As part of the training, Maldonado shared stories from his own experience as a Soldier and how the same challenges face leaders at all levels, military and civilian. The leaders around the table also shared some of their challenges and spoke with each other about how they manage stress.

The event served as an introduction to the larger "ARMYFIT", a U.S. Army program designed to build resilience and enhance performance of the Total Army -- Soldiers, Family members and Army civilians -- by providing training and self-development tools needed to better cope with adversity, build resilience and optimize performance.

“Investing the time to provide Army Resiliency Training to our Carlisle Barracks garrison workforce is going to be powerful on a personal and professional level,” said Lt. Col. Greg Ank, Garrison Commander. “These concepts will serve all of us to be better teammates through effective communication skills, allow us to see ourselves and understand better ways to work together, and carry these tools home to be healthier and happier family members and citizens. Some of these concepts seem so basic and instinctual, yet we all become so busy that we forget about how to employ stress-reducing, coping and active listening techniques to name a few.”

The program is dedicated to overall health, as it supports development in the five dimensions of strength: social, emotional, Family, spiritual and physical. CSF2 is an integral part of the Army's Ready and Resilient Campaign, a campaign that promotes personal readiness and optimized human performance.

Research has not only shown that resilience and performance enhancement can be taught, but also that ready and resilient Soldiers, Family members and civilians perform better, which ultimately results in improved unit and mission readiness.

Additionally, CSF2 provides Soldiers, Family members and civilians with the tools they need to be successful.

Maldonado challenged each of the leaders to take the “Global Assessment Tool,” located at <https://armyfit.army.mil/Protected/>. The “GAT” survey tool through which individuals can confidentially assess their physical and psychological health based on the Five Dimensions of Strength: Social, Emotional, Spiritual, Family, and Physical. Maldonado asked each of the directors to fill out the survey in preparation for a follow-on session in December.

“Knowing your strengths and weakness and how to address them can help you become a stronger version of yourself,” he said.

The GAT results give you your score in all five dimensions of strength and the Performance Triad, plus your RealAge, a metric that looks at your responses to the GAT and tells you your biological age compared to your calendar age. The GAT is available to family members and non CAC holders as well.

Following completion of the GAT 2.0., you’ll be entered into the ArmyFit online platform, where you can create a profile where you can share as much or as little information as you want. You’ll automatically receive recommendations based on your GAT 2.0 score and RealAge results and can compete in self-improvement challenges as individuals or teams.

Users can also receive weekly emails, which provide custom tips and updates on new content and have the ability to synchronize their personal fitness devices to ArmyFit. This new feature is compatible with about a dozen of the most popular fitness devices such as JawBone UP, Runkeeper and FitBit. A tracker feature allows users to set

goals, add data and track improvements regarding weight, body measurements, and alcohol consumption so improvements can be readily checked.

For more information visit <https://armyfit.army.mil/>

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