

# *Training for Resilience - Checklist*

## **Is the training REALISTIC and RELEVANT?**

- Will the training allow Sailors to master the same SPECIFIC CHALLENGES they will probably face during deployment?
- Will the training occur in an ENVIRONMENT that mimics the SIGHTS, SOUNDS, and SMELLS they will experience during deployment?
- Will the training prepare Sailors so thoroughly that there will be FEW SUPRISES during deployment?

## **Will the training encourage Sailors to develop NEW SKILLS & COMPETENCIES?**

- Will the training PUSH Sailors BEYOND their CURRENT level of KNOWLEDGE and SKILL?
- Will the INCREASE in knowledge and skill continue STEPWISE during training?

## **Will the training provide experiences of SUCCESS and MASTERY?**

- Will the training set expectations that will be TOUGH but ACHIEVABLE?
- Will Sailors be able to KEEP TRYING until they MASTER each challenge?

## **Will the training encourage Sailors to SOLVE PROBLEMS in UNFAMILIAR situations?**

- Does the training include opportunities to THINK, PLAN, and DECIDE, as well as to respond to known situations with rehearsed patterns of action?
- Will the training encourage TEAM PROBLEM SOLVING?

## **Will the training INOCULATE Sailors to likely INTENSE operational STRESSORS?**

- If Sailors may face life threat during deployment, does training mimic LIFE THREAT in a subdued, tolerable form?
- If Sailors may face the AFTERMATH of VIOLENCE during deployment, does training include exposure to the sights, sounds, and smells of death or injury?
- Does the training include a mechanism for leaders to MONITOR Sailors' responses to stress to ensure they react with PROGRESSIVELY LESS ALARM?

## **Do safeguards exist to prevent STRESS INJURIES during training?**

- Will leaders continuously MONITOR the STRESS ZONES of Sailors?
- Will leaders ensure adequate SLEEP and RECOVERY time?

## **Will the training require Sailors to COMMUNICATE and TRUST in EACH OTHER?**

- Will the training require and promote TEAMWORK?
- Will success during training be perceived as TEAM ACHIEVEMENTS?
- Does the training include SHARED HARDSHIPS and ADVERSITIES?

## **Will the training enhance Sailors' COMMUNICATION with and TRUST in unit LEADERS?**

- Will the training require VERTICAL COMMUNICATION in the chain of command?

## **Will the training include HARDSHIP SHARED by LEADERS as well as Sailors?**

- Will the training challenge but ensure the SUCCESS by LEADERS of small units?
- Will the training reinforce CORE VALUES and ETHICAL DECISION MAKING?
- Will the training include CHALLENGES for ETHICAL DECISION MAKING under stress?
- Will there be discussions of how CORE VALUES are reflected in the training?

## **Will the training teach stress management and STRESS FIRST AID knowledge and skills?**

- Will the training teach SELF CARE and BUDDY CARE to reduce and mitigate stress?

This checklist obtained from MCRP 6-11C/NTTP 1-15M, Combat and Operational Stress Control