

# Master Resilience Training



POSITIVE PSYCHOLOGY PROGRAM

## Master Resilience Training

- Joint undertaking between University of Pennsylvania's Positive Psychology Center, Walter Reed Army Institute of Research, and Army Center for Enhanced Performance
- Ten day program for noncommissioned officers (NCOs)
- Three Components:
  - Preparation (Five modules)
  - Sustainment (One module)
  - Enhancement (One module)

# Master Resilience Training Participant Guide

**Clemens Wendtner**



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