



# COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

## *Master Resilience Training Course (MRTC)*



*Ribbon Cutting Ceremony  
05 April 2010*

*Victory University  
Fort Jackson, SC*



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## Sequence of Events:

*\*Invocation*

*Opening Comments – COL Shwedo*

*Remarks by:*

*MG Semonite*

*BG Cornum*

*Dr. Seligman*

*Closing Comments – COL Shwedo*

*Ribbon Cutting*

*\*Army Song*

*Music provided by the 282<sup>nd</sup> Army Band*

*\* Guests are Requested to Stand*



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## **Comprehensive Soldier Fitness Master Resilience Training Course (MRTC)**

The Army is an all volunteer force that has deployed repeatedly, for long periods of time, to combat. The stress of multiple combat deployments is taking a toll on our Soldiers, their Family members and our DA Civilian workforce. Comprehensive Soldier Fitness is about teaching and training demonstrated resilience building skills to better prepare us for the challenges ahead. Master Resilience Trainers are the core of the Army's resilience training program.

MRTC is a ten-day course for Army leaders that provides them with skills to prepare their Soldiers for stressors encountered throughout their career. The course is designed to build confidence, improve communication skills, maximize potential and improve readiness. The course was designed by the Department of the Army – Comprehensive Soldier Fitness in conjunction with the University of Pennsylvania.

One MRTC-trained Non-Commissioned Officer (NCO) will be assigned to every battalion in the Army, along with one NCO and one officer in every brigade. Additionally, all Advanced Individual Training Platoon Sergeants, all One-Station-Unit-Training Drill Sergeants, and key instructors from across the Army's NCO and Officer education systems will attend the course.

The course at Fort Jackson is instructed by a mix of civilian and military personnel, with the civilian faculty providing the long-term continuity and academic background while the military faculty provides recent experience from the field. Once fully operational in late 2010, the course will provide 1,800 MRTC-trained leaders to the Army per year.



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## **COL Kevin A. Shwedo**

Deputy Commander, USABCTCoE  
Fort Jackson

Colonel Kevin A. Shwedo was commissioned into the Infantry immediately following his graduation from the University of North Carolina at Chapel Hill in 1978 where he earned a Bachelor of Science in Business. He also holds a Masters Degree in Public Administration from Shippensburg University. His military schooling includes the Infantry Officer Basic Course, Armor Officer Advance Course, Combined Arms and Services Staff School, Command and

General Staff College, Joint Military Professional Education and the Army War College.

In previous assignments he served as a project officer at the Infantry School and later as a platoon leader in the 197th Infantry Brigade. He then served as an Instructor at the Engineer School for two years. Colonel Shwedo served as the Senior Combat Arms Analyst to the Director of Officer Personnel Management at the Total Army Personnel Command in Alexandria, VA. He then moved to Fort Carson, CO and served as a Battalion S-3 for 2nd Battalion, 12th Infantry Regiment. Following graduation from the Command and General Staff College in 1991 he was assigned to Fort Polk, LA and served as the Deputy Chief of Staff for the 5th Infantry Division (Mechanized), Battalion S-3 and Executive Officer for the 4th Battalion, 6th Infantry Regiment and the S-3 for the 2nd Brigade, 2nd Armored Division.

Colonel Shwedo then served as the Director of Personnel and Deputy Chief of Staff for Joint Task Force Six in El Paso, TX. In July 1995, he took command of the 2nd Battalion, 13th Infantry Regiment at Fort Jackson, SC. He then served as the Assistant Chief of Staff, G-3 for the 4th Infantry Division (Mechanized) during the Division Advanced Warfighting Experiment. After graduating from the Army War College in 1999 he was assigned to the U.S. Army Forces Command in Atlanta where he served as the Special Assistant and Speechwriter to the Commanding General of United States Army Forces Command in Atlanta, GA. Col Shwedo then successfully commanded the largest Basic Combat Training Brigade on the Army at Fort Jackson, SC. Following command, COL Shwedo was reassigned to Fort Monroe, VA for duty as the Chief of the TRADOC Commanding General's Planning Group, followed by G-3 (Director of Operations, Plans and Training) for United States Army Accessions Command.

His awards include the Legion of Merit (1 OLC), Defense Meritorious Service Medal, Meritorious Service Medal (7 OLC), Army Commendation Medal (3 OLC), Joint Service Achievement Medal (1 OLC), Army Achievement Medal (4 OLC) and Global War on Terrorism Medal (Service).



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## **MG Todd T. Semonite**

Commander, South Atlantic Division  
U.S. Army Corps of Engineers

Major General Todd T. Semonite took command and the position of Division Engineer of the Corps of Engineers, South Atlantic Division on May 1, 2009. The South Atlantic Division is one of eight regions providing engineering and construction services to the nation. It is the Corps' regional business center in the southeast, the Caribbean, and Central and South America, with district offices in Wilmington, NC, Charleston, SC, Savannah, GA, Jacksonville, FL, and

Mobile, AL. As the Commander, he oversees planning, design and construction projects to support the military, protect America's water resources, and restore and enhance the environment in an area which includes all or part of 8 southeastern states.

MG Semonite's previous assignment was as Commander of the Corps of Engineers North Atlantic Division, New York City. Prior to that, he served as Commanding General, Maneuver Support Center and Ft. Leonard Wood, MO where he had served as Assistant Commandant of the U.S. Army Engineer School and in a wide variety of command and staff positions including: Director, Office of the Chief of Engineers, HQDA at the Pentagon; Deputy Commander, Task Force Restore Iraqi Electricity; and Executive Officer to the Commanding General, USAREUR and 7<sup>th</sup> Army. MG Semonite also served as Commander of the 130th Engineer Brigade and the V Corps Engineer at Hanau, Germany; Chief of Military Operations and Topography, and Chief of International Operations, both with USAREUR; Battalion Commander, 23rd Engineer Battalion, 1st Armored Division, Friedberg, Germany (with a one-year deployment to Bosnia); Construction and Design Supervisor, 416th ENCOM, Chicago, IL; S4, 937th Engineer Group, and S3 and XO, 1st Engineer Battalion, both at Ft. Riley, KS; and Operations Officer, Corps Of Engineers Office, Ft. Drum, NY.

Born in Bellows Falls, VT, MG Semonite is a registered professional engineer in VA and VT. Graduating from the U.S. Military Academy, West Point, NY with a Bachelor of Science degree in Civil Engineering he was commissioned into the Corps of Engineers in 1979. He has a Master of Science in Civil Engineering from the University of Vermont, a Masters of Military Arts and Sciences from Ft Leavenworth, and is a graduate of the Engineer Officer Basic and Advanced Courses, the Combined Arms Services Staff School, the Command and General Staff College, and the Army War College.

His awards include the Legion of Merit (4 OLC), Bronze Star, Meritorious Service Medal (7 OLC), Army Commendation Medal (3 OLC), Army Achievement Medal, Army Superior Unit Award (2 OLC), NATO award, Ranger tab, and Parachutist Badge



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## **BG Rhonda Cornum, Ph.D., M.D.**

Director, Comprehensive Soldier Fitness HQDA,  
DCS G-3/5/7

BG Rhonda Cornum was commissioned in 1978 and began a research career after receiving her Ph.D. in nutrition and biochemistry from Cornell. Assigned to the Letterman Army Institute of Research, she focused on wound healing metabolism and improving liquid blood preservation and transfusion therapy. From 1982-1986, she attended medical school at the Uniformed Services University, received her M.D., and completed a General Surgery Internship at Walter Reed Army Medical Center. In 1987,

she transferred to the Army Aeromedical Center at Ft Rucker, AL, as Chief, Primary Care and Community Medicine, then Chief of Aviation Medicine. In 1989, as Chief, Crew Life Support Branch at the Army Aeromedical Research Laboratory, Ft Rucker her interests revolved around enhancing pilot performance and use of helmet mounted displays in advanced attack helicopters.

In August of 1990, BG Cornum was assigned as the flight surgeon to the 2/229 Attack Helicopter Battalion during the Persian Gulf conflict. In February 1991, while performing a search and rescue mission for a downed Air Force pilot, her Blackhawk was shot down killing five of the eight-person crew. BG Cornum was captured by Iraqi forces and repatriated on March 6, 1991. BG Cornum attended Air Command and Staff College at Maxwell AFB from 1991-1992 and began Urologic Surgery training in 1993. Following graduation in 1998, she was assigned as the assistant DCCS and staff urologist at Eisenhower Army Medical Center in Augusta, GA. She took command of the 28th Combat Support Hospital at Ft Bragg, NC, on July 25, 2000. In this position she deployed as the Medical Task Force Commander to Bosnia for SFOR 9, and deployed three subordinate units to Afghanistan for Operation Enduring Freedom. After attending the National War College, BG Cornum commanded at Landstuhl Regional Medical Center, Germany. During this time, Landstuhl cared for over 26,000 soldiers, including 5,540 battle injuries, evacuated from Iraq and Afghanistan. In June 2005, she became the FORSCOM Surgeon, Ft McPherson, GA, where her responsibilities included casualty care of the deployed force and providing medical expertise to the higher headquarters for all CONUS Army Forces. Prior to that, BG Cornum served as the U.S. Army's Assistant Surgeon General for Force Projection with responsibilities including policy development, organization and management of the Army-wide health services system.

BG Cornum decorations include the Legion of Merit (2 OLC), Distinguished Flying Cross, Bronze Star, Meritorious Service Medal (4 OLC), Purple Heart, Air Medal, POW Medal, senior flight surgeon wings, airborne, air assault, the expert field medic badges and many other awards.



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## **Dr. Martin E.P. Seligman**

Zellerbach Family Professor of Psychology,  
University of Pennsylvania

Martin E.P. Seligman works on positive psychology, learned helplessness, depression, optimism and pessimism. He is currently Zellerbach Family Professor of Psychology in the Department of Psychology at the University of Pennsylvania and Director of the Positive Psychology Center. He was elected President of the American Psychological Association in 1996 by the largest vote in history. Dr. Seligman's bibliography includes twenty-one books and over 250 articles.

Among his better-known works are the best-selling *Authentic Happiness* (Free Press, 2002), *Learned Optimism* (Knopf, 1991), *What You Can Change & What You Can't* (Knopf, 1991), *The Optimistic Child* (Houghton Mifflin, 1995), *Helplessness* (Freeman, 1975, 1993), and *Character Strengths & Virtues* (2004) with Christopher Peterson. His books have been translated into more than 30 languages. His next book is the *Search for Wellbeing*, which will be published this winter (Simon and Schuster).

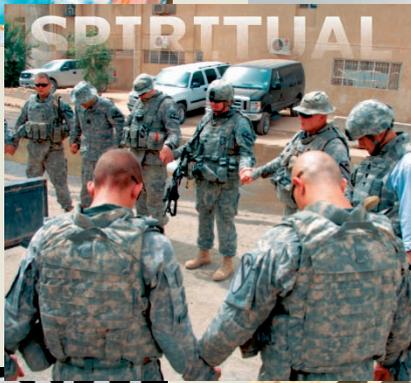
Dr. Seligman is the recipient of three Distinguished Scientific Contribution awards from the American Psychological Association, the Laurel Award of the American Association for Applied Psychology and Prevention, the Lifetime Achievement Award of the Society for Research in Psychopathology and the first Wiley Psychology Lifetime Award of the British Academy.

He received his A.B., Princeton University, Summa Cum Laude (Philosophy), 1964; Ph.D., University of Pennsylvania (Psychology), 1967; Ph.D., Honoris causa, Uppsala University, Sweden, 1989; Doctor of Humane Letters, Honoris causa, Massachusetts College of Professional Psychology, 1997; Ph.D., Honoris causa, Complutense University, Spain, 2003; and Ph.D., Honoris causa, University of East London, 2006.



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## Roles of the Master Resilience Trainer

### A Master Resilience Trainer...

- Lives the skills they have been taught
- Uses the skills during formal and informal counseling
- Teaches the skills
  - With periodic structured courses identified on unit training calendars
  - Teaches Deployment Modules based on rotation schedules
- Serves as Commander's advisor regarding total fitness and resilience training-related issues
- Knows when to refer Soldiers for professional counseling to Behavioral Health providers or Chaplains



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## **Master Resilience Trainer Responsibilities**

- Serves as the Commander's principle advisor on CSF and resilience
- Teaches structured courses to the unit, to include key components from Preparation, Sustainment, and Enhancement
- Assists unit Training NCO to ensure resilience training is incorporated and documented at least quarterly into the unit training calendar
- Ensures the implementation of the commander's training guidance as it relates to resilience training
- Assists commanders in providing resilience training for family members
- Provides resilience training to NCODP / OPD and Sergeants' Time Training
- Responsible for training other supervisory level leaders on incorporating resilience skills and techniques into professional and developmental counseling



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**Strong ★ Resilient ★ Trained**



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## ARMY SONG

**First to fight for the right,  
and to build the Nation's might,  
and the Army goes rolling along.  
Proud of all we have done,  
fighting 'til the battle's won,  
and the Army goes rolling along.**

**Then it's Hi! Hi! Hey!  
The Army's on its way.  
Count off the cadence loud and strong!  
For where'er we go,  
you will always know  
that the Army goes rolling along.**