



REPLY TO  
ATTENTION OF

DEPARTMENT OF THE ARMY  
INITIAL MILITARY TRAINING CENTER OF EXCELLENCE  
TRAINING SUPPORT AND SCHOOLS DIRECTORATE  
LEADER DEVELOPMENT DIVISION  
3216 MAGRUDER AVENUE  
FORT JACKSON, SC 29207

ATCG-MTT-U

19 October 2012

Dear Student:

It is my pleasure to welcome you to the Master Resilience Training Course (MRTC). The MRTC is a key component of the Comprehensive Soldier and Family Fitness (CSF2) Program. The Program was established by the Chief of Staff of the Army in 2008 to increase emotional resilience and enhance performance in Soldiers, Family Members, and DA Civilians. The concept behind the CSF2 Program, as it relates to resilience, is simple: being Army Strong is about much more than being physically fit; it is about mental and emotional strength, as well.

The MRTC is dynamic and interactive, with large and small group training. You will be taught resilience skills, how to apply them, and how to instill these skills in others. You will complete this course with a deeper sense of self-awareness and optimism. You will also gain the ability to recognize and capitalize on your strengths and the strengths of others while being resilient in all areas of life.

Your experience at MRTC will be thought-provoking, inspiring, and skill building. The MRTC faculty is comprised of professional, competent, and experienced NCOs and DA Civilians. I am confident that you will find this to be some of the best Army training that you have ever experienced. MRTC has the potential to change the way you think, respond, and live. Soon after receiving this letter, you will receive a Welcome Packet containing reporting instructions, lodging information, and course details.

Sincerely,

A handwritten signature in black ink that reads "Charlie P. Holt, Jr." with a stylized flourish at the end.

Charlie P. Holt, Jr.  
Course Manager, MRTC