

Total Force Fitness

An initiative from the Chairman of the Joint Chiefs of Staff, Total Force Fitness is a state in which the **individual, family and organization** can achieve and sustain optimal well-being and performance under all conditions



Registration

www.WarriorResilienceConference.org

Lodging

Hyatt Regency Crystal City at
Reagan National Airport

2799 Jefferson Davis Highway,
Arlington, Virginia, USA 22202

Reservation information is available at:
<http://www.dcoe.health.mil/conferences.aspx>

Special Events

Super Bowl Sunday: The Hyatt Regency will host a Super Bowl event

Restrepo: A documentary that chronicles the deployment of a platoon of U.S. Soldiers in Afghanistan's Korengal Valley will be offered as an optional activity on the evening of 7 February 2011. The film will be followed by a panel discussion with individuals involved in the production of *Restrepo*



Warrior Resilience III:

Total Force Fitness

7- 8 FEB 2011

Hyatt Regency Crystal City
Arlington, VA

Uniform and Dress

Conference Attire: Service Uniform of the Day

Super Bowl Sunday: Casual Civilian Attire

Restrepo: Casual Civilian Attire

Questions?

Email: DcOE_Resilience.Prevention@tma.osd.mil

For more information please visit:
<http://www.dcoe.health.mil/conferences.aspx>



DEFENSE CENTERS
OF EXCELLENCE
For Psychological Health
& Traumatic Brain Injury

Conference Overview

7-8 Feb 2011, Arlington, VA

Mission

To promote Total Force Fitness as a joint strategic initiative and resilience cornerstone for achieving multi-dimensional wholeness and balance for servicemembers

Goal

The purpose of this conference is to increase leader awareness of Total Force Fitness while providing an opportunity for line leaders to engage in experiential workshop breakout sessions that will provide concrete information, practical training and tools that can be implemented in any operational environment.

Content Overview

The conference will feature keynote addresses, an overview of each of the eight domains of Total Force Fitness and dynamic presentations on resilience from servicemembers who were injured in combat and have since returned to duty. Additionally, attendees will engage in both working group and practical application breakout sessions

"I am concerned that we still do not have a holistic and clear way of measuring the components of health-of-the-force, ranging from unit readiness, training, and age of weapon systems to retention/recruiting and personnel challenges, like suicide or divorce."

Admiral Mike Mullen, CJCS

Breakout Sessions

Practical Application Training

Attendees will have the opportunity to engage in two breakout sessions that will deliver concrete information, practical training and tools that can be implemented in any operational environment. Breakout session topics include:

- ▶ **Functional Resilience Tactics**
- ▶ **Total Family Fitness**
- ▶ **Integrative Health Skills**
- ▶ **Mind/Body Techniques for Resilience**
- ▶ **Eliminating Stigma**

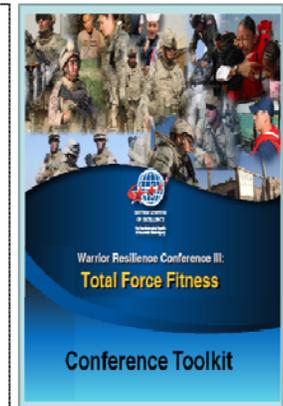
Working Groups

Conference attendees will engage in working groups focused on various domains of Total Force Fitness. During these sessions participants will generate objectives and recommendations that will be employed post-conference to produce a Resiliency Training Recommendation. A formally tasked working group including Service representatives will compile and draft the Resiliency Training Recommendation

Conference Deliverables

At the beginning of the conference, attendees will receive a toolkit that will feature:

- ▶ Practical application trainings
- ▶ Information about Total Force Fitness
- ▶ Valuable website addresses
- ▶ Information on available and relevant programs
- ▶ Exhibitor information



Other Conference Deliverables:

- ▶ **Directive Type Memorandum (DTM)**
- ▶ **Breakout Session Metrics and Follow-up**
- ▶ **Training Competencies**
- ▶ **Resiliency Training Recommendation**