

TRAINING FOR RESILIENCE CHECKLIST

<input type="checkbox"/>	Is the training REALISTIC and RELEVANT ?
	<input type="checkbox"/> Will the training allow Sailors to master the same SPECIFIC CHALLENGES they will probably face during deployment? <input type="checkbox"/> Will the training occur in an ENVIRONMENT that mimics the SIGHTS, SOUNDS, and SMELLS they will experience during deployment?
	<input type="checkbox"/> Will the training prepare Sailors so thoroughly that there will be FEW SUPPRISES during deployment?
<input type="checkbox"/>	Will the training encourage Sailors to develop NEW SKILLS & COMPETENCIES ?
	<input type="checkbox"/> Will the training PUSH Sailors BEYOND their CURRENT level of KNOWLESGE and SKILL ? <input type="checkbox"/> Will the INCREASE in knowledge and skill continue STEPWISE during training?
<input type="checkbox"/>	Will the training provide experiences of SUCCESS and MASTERY ?
	<input type="checkbox"/> Will the training set expectations that will be TOUGH but ACHIEVABLE ? <input type="checkbox"/> Will Sailors be able to KEEP TRYING until they MASTER each challenge?
<input type="checkbox"/>	Will the training encourage Sailors to SOLVE PROBLEMS in UNFAMILIAR situations?
	<input type="checkbox"/> Does the training include opportunities to THINK, PLAN, and DECIDE , as well as to respond to known situations with rehearsed patterns of action? <input type="checkbox"/> Will the training encourage TEAM PROBLEM SOLVING ?
<input type="checkbox"/>	Will the training INOCULATE Sailors to likely INTENSE operational STRESSORS ?
	<input type="checkbox"/> If Sailors may face life threat during deployment, does training mimic LIFE THREAT in a subdued, tolerable form? <input type="checkbox"/> If Sailors may face the AFTERMATH of VIOLENCE during deployment, does training include exposure to the sights, sounds, and smells of death or injury?
	<input type="checkbox"/> Does the training include a mechanism for leaders to MONITOR Sailors' responses to stress to ensure they react with PROGRESSIVELY LESS ALARM ?
<input type="checkbox"/>	Do safeguards exist to prevent STRESS INJURIES during training?
	<input type="checkbox"/> Will leaders continuously MONITOR the STRESS ZONES of Sailors? <input type="checkbox"/> Will leaders ensure adequate SLEEP and RECOVERY time?
<input type="checkbox"/>	Will the training require Sailors to COMMUNICATE and TRUST in EACH OTHER ?
	<input type="checkbox"/> Will the training require and promote TEAMWORK ? <input type="checkbox"/> Will success during training be perceived as TEAM ACHIEVEMENTS ? <input type="checkbox"/> Does the training include SHARED HARDSHIPS and ADVERSITIES ?
<input type="checkbox"/>	Will the training enhance Sailors' COMMUNICATION with and TRUST in unit LEADERS ?
	<input type="checkbox"/> Will the training require VERTICAL COMMUNICATION in the chain of command? <input type="checkbox"/> Will the training include HARDSHIP SHARED by LEADERS as well as Sailors? <input type="checkbox"/> Will the training challenge but ensure the SUCCESS by LEADERS of small units?
<input type="checkbox"/>	Will the training reinforce CORE VALUES and ETHICAL DECISION MAKING ?
	<input type="checkbox"/> Will the training include CHALLENGES for ETHICAL DECISION MAKING under stress? <input type="checkbox"/> Will there be discussions of how CORE VALUES are reflected in the training?
<input type="checkbox"/>	Will the training teach stress management and STRESS FIRST AID knowledge and skills?
	<input type="checkbox"/> Will the training teach SELF CARE and BUDDY CARE to reduce and mitigate stress?