

STRENGTH STARTS WITHIN

Building Mental Toughness

Tool 1: Tactical Pauses

Combat Breathing

Tool 2: Reframe the Battlefield

Optimism in Motion

Tool 3: Celebrate Victories

Coaching Skills for Leaders

G – Goal: What do you want to achieve?

R – Reality: Where are you now?

O – Options: What could you do?

W – Will: What will you do?



<https://www.af.mil/About-Us/Coaching/>



<https://www.adr.af.mil>

Contact your NDR Office for a Conflict Coaching Referral



<https://www.airuniversity.af.edu/CLDS/Schedule-of-Classes-and-Enrollment-Links/#coaching-courses>



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