

**NCO Leadership Center of Excellence  
Basic Leader Course**

**Lesson Plan for 400-B121 / 5.1  
Resilience Training for Leaders (Basic Leader Course)**

**Advance Sheet**

**1. SCOPE:**

At the end of this six-hour learning event, you will be able to understand the tools of trust, engage, and values and beliefs; the resilience skills and strategies for self and others that target thoughts, emotions, and reactions; and discussing these skills and concepts in connection to leadership. While resilience training can help Soldiers overcome obstacles, resilience training will not eliminate all the effects of warfare and the operational environment but resilient Soldiers do not let such adversity define them.

**2. LEARNING OBJECTIVES:**

**TLO:** This lesson supports the BLC course TLO 400-BLC, Guide self, Soldiers, and Families to meet Army readiness standards.

**ELO:**

**Action:** Increase knowledge of individual and leadership skills to employ concepts of trust, resilience, performance, and energy management.

**Condition:** As a learner, attending the BLC, using a direct level leadership perspective in new environments, given handouts, activities, and classroom discussions.

**Standard:** Increase knowledge of individual and leadership skills to employ concepts of trust, resilience, performance, and energy management by:

- Describing trust,
- Describing the ATC Model,
- Describing growth and fixed mindsets, and
- Describing methods of energy management

During collaborative discussions and activities.

**Learning Domain:** Cognitive

**Level of Learning:** Understanding

**3. ASSIGNED LEARNER REQUIREMENTS:**

**a. Read:** None

**b. Classroom Discussion:** Learners should be prepared to discuss resiliency using Army support programs.

**4. ASSESSMENT:**

Refer to B100 advance sheet for information on all assessments.