



MILITARY RESILIENCE TRAINING

Better equip and build a military that is conditioned both physically and mentally.

Frequent deployments have weighed heavily on the pressures faced by military personnel. However, they are not the sole source of the social and emotional problems plaguing our forces. Current times and responses demand we revise our conditioning. Pre-enlistment strategies and current training are not enough. We must better equip and build a military that is conditioned both physically and mentally. We offer EQ training, suicide prevention, and resilience training to senior leadership and groups of our junior military personnel.

PBSU Personal Mastery Training © has proven and documented results. Comments from one military commander include, “the skills and techniques my crew learned from the Mosses are practiced daily at my command. We have had many instances of situations where personal circumstances, changes in command schedule or just uncertainty about the

future of our military community, would cause even those with mental agility to conceivably collapse under the intensity of the stress. Yet, my crew has been able to experience the hurts but not allow those hurts to crush them and prevent them from serving with excellence. To an outsider looking in they would never know the measures we've gone through to implement and practice the techniques taught by the Mosses on a daily basis to ensure we could meet and successfully accomplish all tasking and yield superb results every time!"

This Comment from senior leadership at an Air Force Base, which had faced multiple suicides, says it all, "Call Dr. Moss, she will help us."