

Marine Corps Combat Operational Stress Control (COSC) Conference



**Mental Toughness:
Marine Warriors-Global Athletes**



Mental Toughness: Marine Warriors-Global Athletes



- Mission: Build Mental Toughness Concept to complement the Combat Conditioning Concept
- Goal: To sustain the confidence instilled during Basic Training, diluted as Marines transition through Military Occupational Schools (MOS)
- Methodology used: Listen to the “Customer”
- Strategic Goal: Help Marine Warriors make better decisions and sustain our force



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Ensure readable and able to sustain attention of target group

- Should not be “military” oriented. Should be “fun”
- Should be a learning tool which can be viewed globally by all Marines



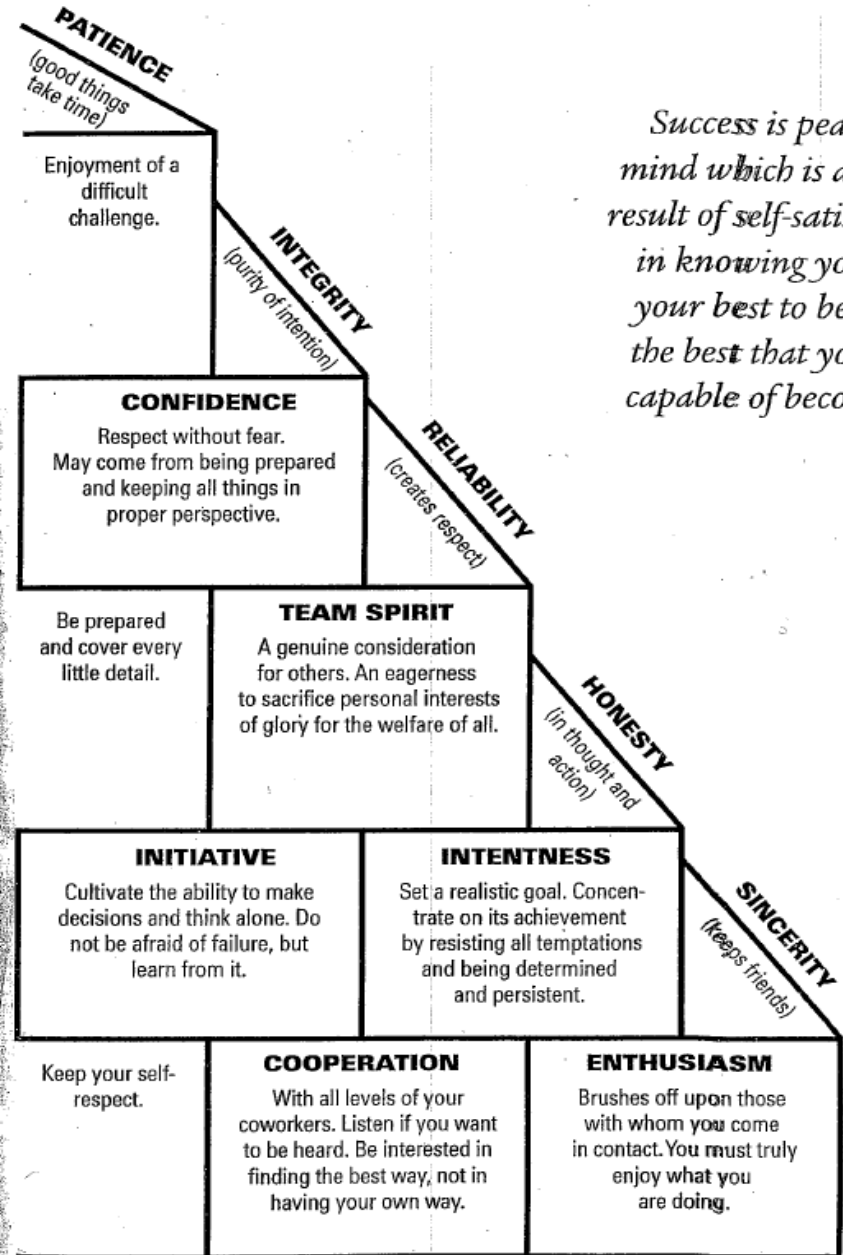
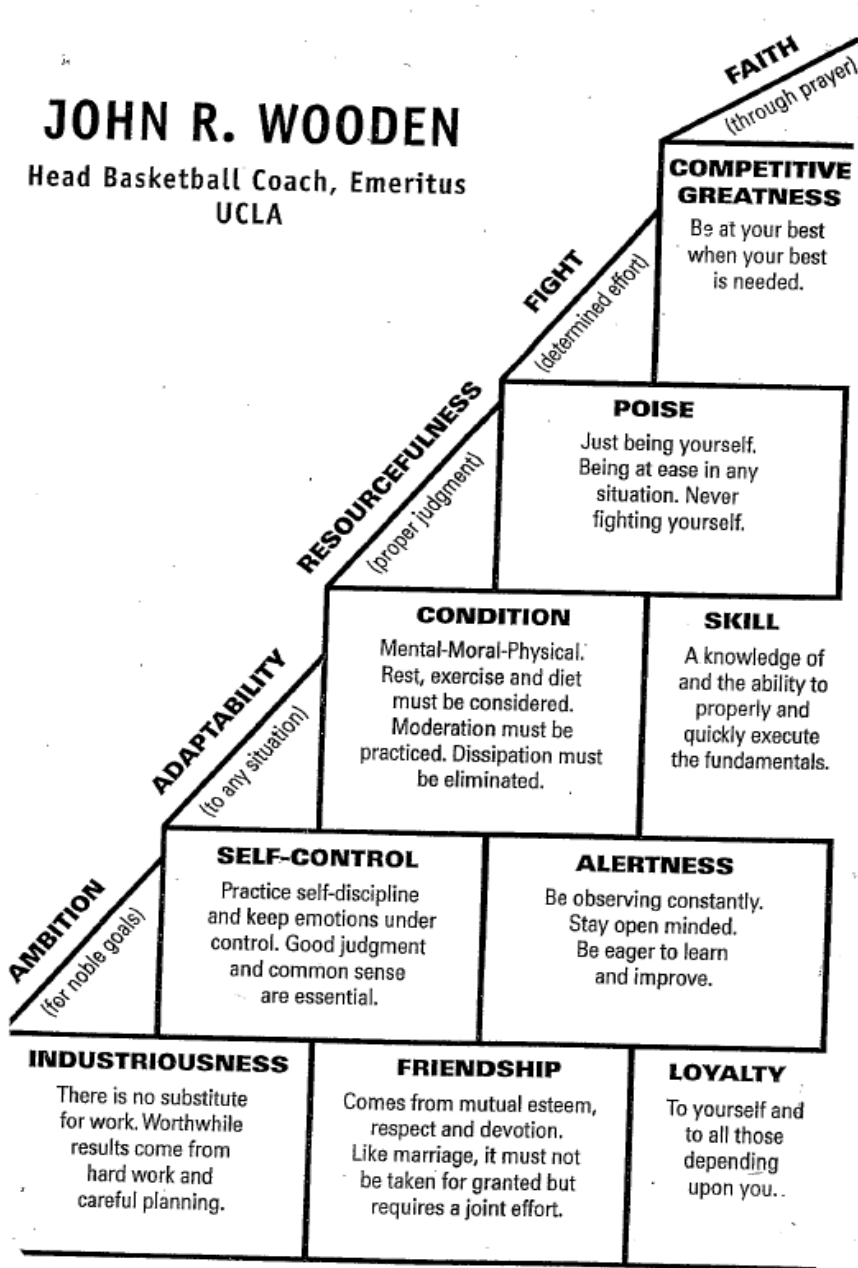
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- Research revealed target group interests were women, comic books, and sports.
- Correlation of World Class Athletics and World Class Warriors was not a stretch.
- Theme of the paper became Sports focused.
- Other factors were the “Mom” voice, inclusion of Marine Corps Leadership Principals, articulate Coach John Wooden’s Pyramid of Success, and include Spirituality.

JOHN R. WOODEN

Head Basketball Coach, Emeritus
UCLA



Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.



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- Why the “Mom” voice?
- Why Coach Wooden?
- Why Sports?
- Why Spirituality?



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- What is the tie to Combat Operational Stress Control?
 - The tie is Coming Home chapter and Post Traumatic Stress Disorder



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QUESTIONS?



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