



Special Operations Command  
Department of Defence



# SOCOMD Human Performance



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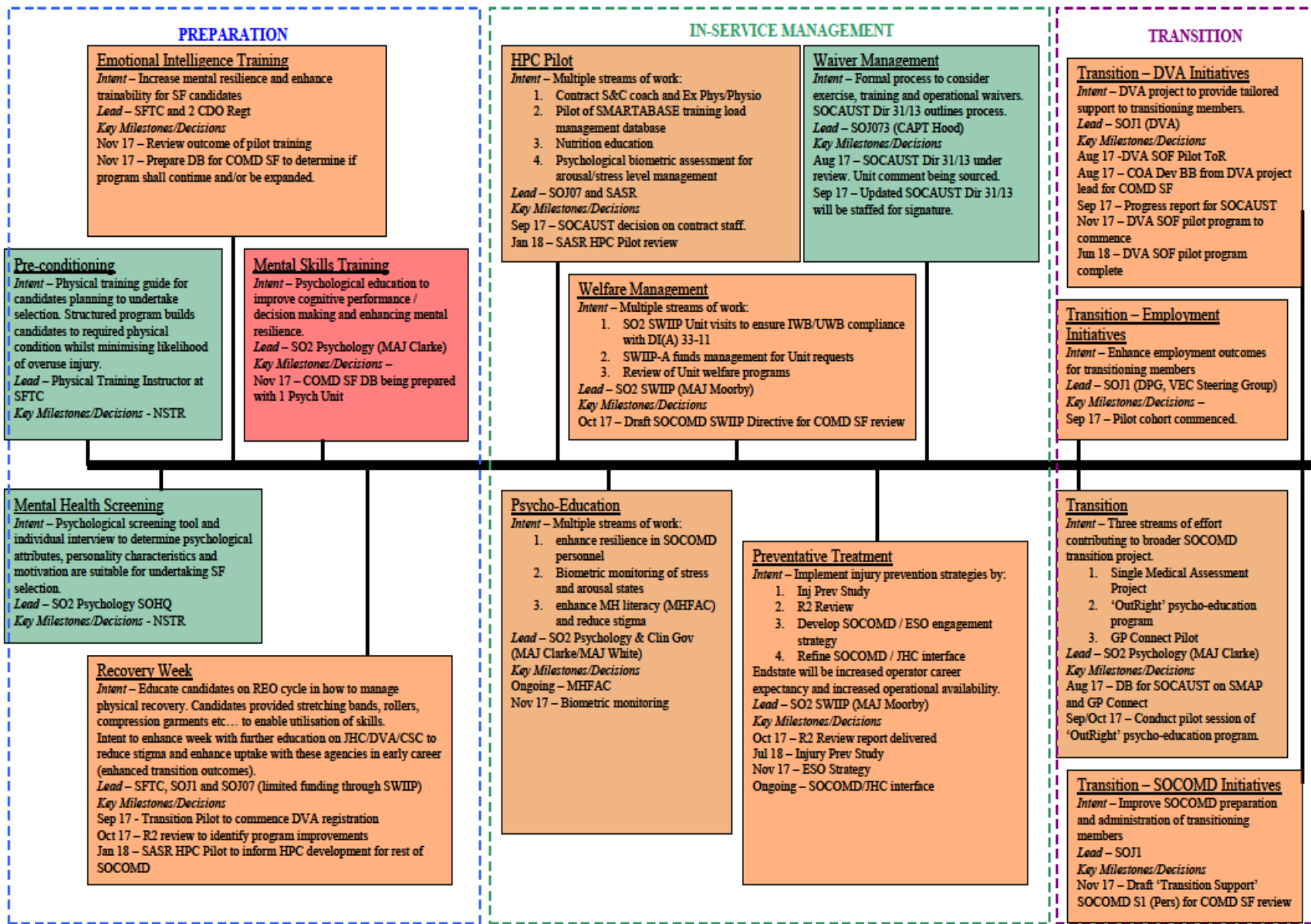


# Methodology



- Whole of Life Perspective
  - Whole of life assessment of capability (FIC)
  - Operator lifecycle (through service support)
- Pan-Command Solutions
- Leveraging Supporting Agencies
- Research & Development
- International Engagement

# OPERATOR LIFECYCLE



# What Now?

- Selection (BARS)
- R2 Review
- Altitude training
- Research
- MHFAC (Unit and Family)
- Combat Shooting Program
- Heart rate variability
- EI training
- HPC Pilot
- Nutrition for thought
- Mastery camp
- Visualisation / Mindfulness
- IE (MCT Summit / THOR3 / etc...)

# What Next?

- R2 Review
- Early education (REO Cycle)
- Alternate training delivery (SOTEC)
- Untethered VR (immersion)
- HPRNet
- AIS Embed
- Longitudinal cognitive / personality study – selection
- Sleep study and training
- IDF: memory lay-down





# Conclusion

The continual quest for excellence of our soldiers: physically, psychologically and socially is the key factor in ensuring that SOCOMD remains postured as the ADF and Government provider for specialist missions.

Investment in HP initiatives will maximise the operational effectiveness of SOCOMD personnel and inform the wider application of HP within Army.

