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# WARRIOR ADVENTURE QUEST SOLDIER TRAINING

A High Adventure Outdoor Recreation (ODR) Program



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ARMOR FOR YOUR MIND

# Learning Objectives

- Terminal Learning Objective:
  - Describe the Purpose of Warrior Adventure Quest (WAQ)
- Enabling Learning Objectives
  - Describe the elements of Warrior Adventure Quest
  - Describe Resiliency Basics



# Warrior Adventure Quest (WAQ)

- DA Endorsed Reintegration Program
- Cooperation between IMCOM G9 & AMEDD
- Mitigate common high risk behaviors
- Resilience Training / unit cohesion
- L-LAAD



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Bungee



# What You Will be Doing During WAQ



- Soldier Training
  - Resilience Basics
- Adventure Activity
  - Team Building
  - Leader-Led After-Action Debriefing (L-LAAD)
  - Surveys



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Activity Clips

# Post Surveys

- **Surveys:**
  - Collect data to get a realistic look at the WAQ process
  - **Critical for the program**
- **Post-Experience Survey:**
  - Given immediately after the WAQ high adventure event
- **RECTRAC**
  - Soldiers will be input into the system based on ODR's discretion



# Leader-Led After Action Debrief (L-LAAD)

- L-LAAD is a Leader's Tool
  - Structured way to make sense of a difficult situation
  - Help Soldiers learn from experiences
- Puts emphasis on:
  - Teamwork
  - Cohesion
  - Readiness
- Should be a regular part of mission planning
- **Not an AAR or Group Therapy**



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Interviews

# L-LAADs & WAQ

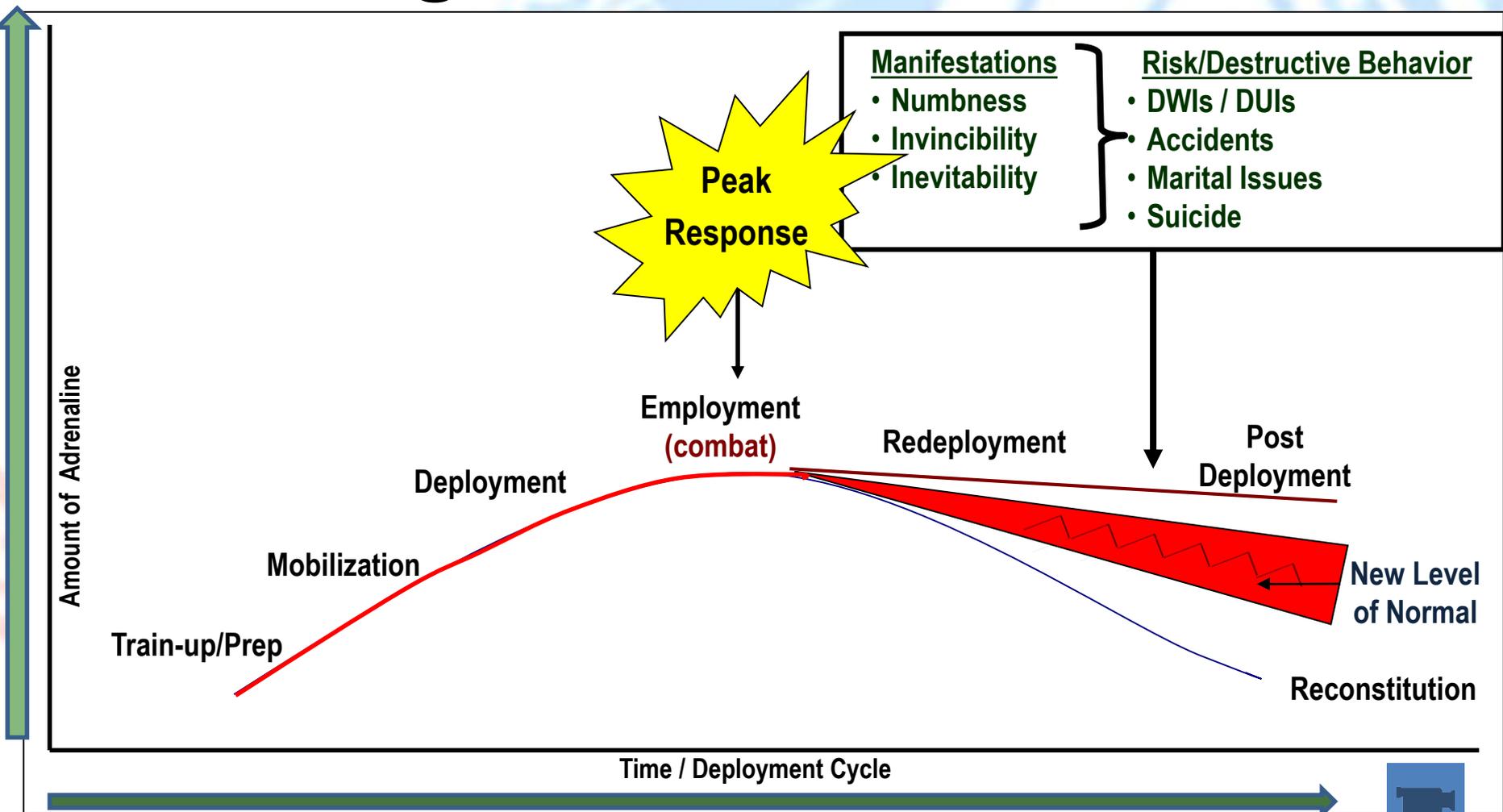


L-LAADs bridge WAQ activities with real world events



Click to view L-LAAD Examples

# Reintegration & Reconstitution



Click to view Traffic Ramming



# Warrior Reactions



**Overcame addiction. Became a strong advocate in Congress for BH treatment of veterans of Korea and Vietnam. Retired as a MAJ from 36<sup>th</sup> Infantry Div, Texas NG.**

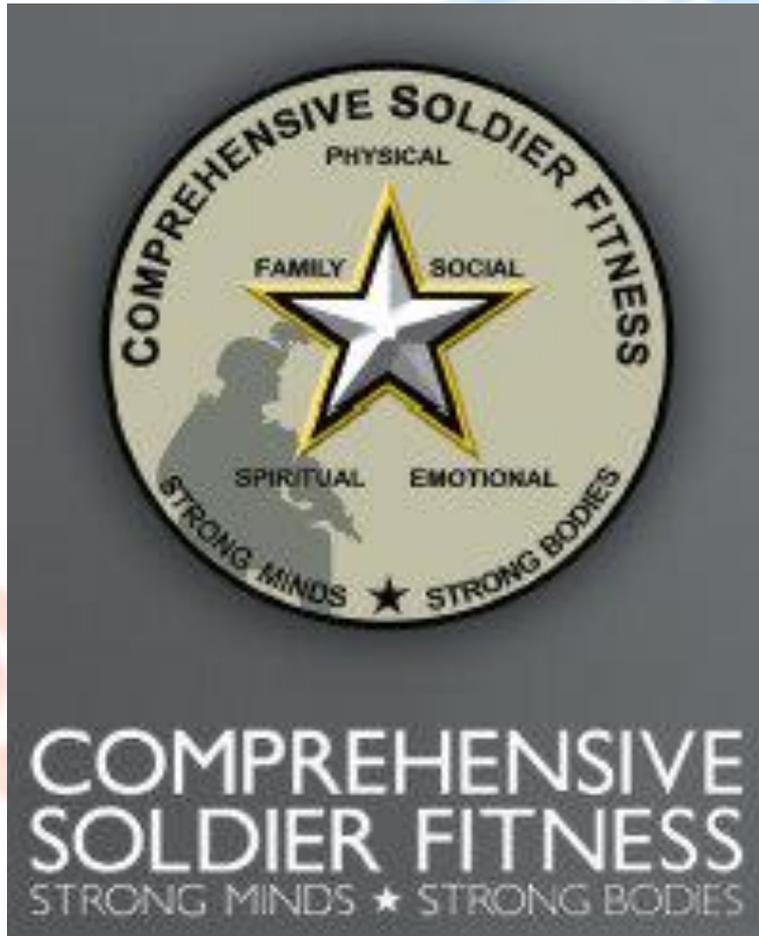


**Became Deputy of VA and Peace Corps, wrote books, completed Juris Doctorate, remarried, retired from USN as a Commander.**



**Left the Army. Became dysfunctional from delusions, violent rage, addictions from PTSD. Died among pill bottles and cans of cleaning solvent he was huffing.**

# What is Resilience?



- Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

- [www.resilience.army.mil](http://www.resilience.army.mil)

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Resilience Myth	Resilience Fact
Never show emotion	Regulate emotion
About the individual	About the individual & relationship
Must handle everything on your own	Asking for help is a resilient strategy
Always act fast	Know when to slow down
Accomplish superhuman feats	Bounce back
Always fully composed	Not always pretty
Have it or you don't	Everyone can develop it
It's a destination	It's a process



# Unit Resiliency Fundamentals

## Horizontal Bonding:

Trust between peers in a unit

## Vertical Bonding:

Trust between Leaders & the Led

## Esprit de Corps:

Sense of purpose & identity in the unit

## Unit Cohesion:

Binding force that combines 3 previous concepts



# Summary

- WAQ is a DA endorsed reintegration and resilience focused programs for Soldiers
- WAQ involves Soldier training followed by a high adrenaline activity, an L-LAAD as well as pre- & post-surveys.
- There are many conflicted understandings about resilience but what you need to know is that no one goes it alone and your resilience affects those around you.





# QUESTIONS?



# Activity Requirements

Information towards packing list for specific activity, timelines, and what to expect.

