

Physical/Mental Self-Development



The Army's **Ready and Resilient** campaign offers strength-based, positive psychology tools to aid Soldiers, Leaders, and Families in their ability to grow and thrive in the face of challenges and bounce back from adversity.

<http://www.army.mil/readyandresilient>

Comprehensive Soldier and Family Fitness, part of the Ready and Resilient campaign, is a structured long term assessment and development program to build resilience and enhance the performance of every Soldier, family member, and DA Civilian.

<http://csf2.army.mil>

The **Global Assessment Tool (GAT)** measures Soldier and family member fitness, emphasizing the following elements: physical, emotional, social, spiritual, and family.

<https://armyfit.army.mil>



GoArmyEd.com is a one-stop location for managing college education and using TA benefits with access to many regionally accredited colleges and universities and over 1,000 available degree plans.

<http://www.goarmyed.com>



Military OneSource is a free 24 hour a day service provided by the Department of Defense to help with a broad range of concerns including money management, spouse employment and education, parenting and child care, relocation, deployment, reunion, and the particular concerns of families with special needs members. They can also help with more complex issues such as relationships, stress and grief.

<http://www.militaryonesource.mil>

Other Resources and Links

Army Homepage: <http://www.army.mil/>

Army Knowledge Online (AKO): www.us.army.mil

Army Learning Management System (ALMS):

<https://www.lms.army.mil>

Army Personnel Testing: <https://www.hrc.army.mil/TAGD/Army%20Personnel%20Testing>

Army Publishing Directorate (APD): <http://www.apd.army.mil>

Army Training and Certification Tracking System (ATCTS):

<https://atc.us.army.mil>

Army Training Network (ATN): <https://atn.army.mil>

ATRRS: <https://www.atrrs.army.mil/>

Commissioned Officer Professional Development and Career Management (DA PAM 600-3):

www.apd.army.mil/pdf/files/p600_3.pdf

Central Army Registry: <https://rdl.train.army.mil>

Digital Army Library Service (DALIS):

<http://www.libraries.army.mil>

Human Resources Command: www.hrc.army.mil

IPERMS: <https://iperms.hrc.army.mil/rms/login-paa>

LandWarNet eUniversity: <https://lwn.army.mil>

MILCONNECT Online Portal:

<https://www.dmdc.osd.mil/milconnect>

Officer Record Brief (ORB):

<https://knoxhrc16.hrc.army.mil/SSORB/>

Promotions Branch Home Page:

<https://www.hrc.army.mil/TAGD/Promotions%20Branch%20Home%20Page>

USACR/Safety Center: <https://safety.army.mil/Default.aspx>

United States Army Combined Arms Center:

<http://usacac.army.mil>



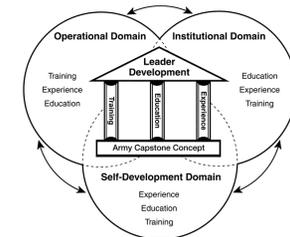
The **Center for Army Leadership (CAL)**, Mission Command Center of Excellence (MCCOE), Combined Arms Center (CAC), located at Fort Leavenworth, KS, conducts leadership and leader development research, studies, analysis, assessment and evaluation; provides the Army leadership and leader development doctrine, products and services; develops and maintains the Army Leader Development Strategy and annexes; and manages the Army Leader Development Program.

Army Leader Self-Development Reference Guide



Center for Army Leadership (CAL)

<http://usacac.army.mil/organizations/mccoe/cal>



The three domains in which Leader Development occur are: Institutional, Operational, and Self-Development (ALDS 2013).

Self-development bridges the gap between the operational and institutional domains and sets the conditions for continuous learning and growth.

This guide is designed to assist Army leaders with the domain of self-development by identifying available relevant military resources.

- October 2015 -

Self-Development in Doctrine

The 6-22 series, specifically **ADRP 6-22: Army Leadership** and **FM 6-22: Leader Development**, address self-development. Chapter 7 of ADRP 6-22 defines the leader competency of Prepares Self, while Chapter 4 of FM 6-22 describes self-development in detail.



PDF versions of the 6-22 series can be found at APD or: <http://usacac.army.mil/core-functions/leader-development>

Self-Development in Other Publications



The **Army Handbook for Self-Development** provides guidance on creating a self-development program.

<http://usacac.army.mil/organizations/mccoe/cal/ldrdevelopment>

The **Army Leader Development Strategy** provides vision and guidance for developing leaders of all cohorts and components that exercise mission command while executing unified land operations

<http://usacac.army.mil/core-functions/leader-development>

Other Self-Development Resources

LeaderMap is an application which contains resources to help guide self-development efforts and implementation of leader development programs. It is available in iOS, Android, Windows, and desktop formats through app stores or the Central Army Registry.



<https://rdl.train.army.mil>

CAL has a number of other self-development and leader development resources, such as handbooks and interactive training products, available through their website.

<http://usacac.army.mil/organizations/mccoe/cal/ldrdevelopment>

Self-Development Tools



The **Multi-Source Assessment and Feedback (MSAF)** program provides a confidential and developmental 360 degree assessment showing leaders how their superiors, peers, and subordinates see them in relation to the Army Leader Competencies. The program also offers coaching and leader development tools.

<http://msaf.army.mil>

The **Virtual Improvement Center (VIC)**, part of the advance portion of MSAF, is a collection of instructional media designed to assist the leader in increasing their leadership skills. The site includes a vast amount of resources to include documents of stories, relevant websites, and multimedia such as simulations that is separated and focused solely on individual improvement in each and every Army Leader Competency.

A catalog of material available in the VIC can be found at: <http://usacac.army.mil/organizations/mccoe/cal/ldrdevelopment>



Through the **Army Career Tracker (ACT)** users can search multiple education and training resources, monitor career development, create an Individual Development Plan and receive advice from their leadership and chosen mentors.

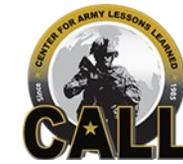
<https://actnow.army.mil>



Army E-Learning provides access 5,000+ Web-based IT, Business, and Personal Development Courses that are available to Army Employees.

<http://usarmy.skillport.com>

Self-Development Through Study



The **Center for Army Lessons Learned (CALL)** collects, analyzes, disseminates, and archives OIL (observations, insights, lessons), TTPs, and operational records in order to facilitate rapid adaptation initiatives and conduct focused knowledge sharing.

<http://usacac.army.mil/orgaizations/mccoe/call>

All Army Activities (ALARACT) Messages: Stay up to date with the current and archived All Army Activities Messages.

<https://www.us.army.mil/suite/page/550282>

Military Personnel (MILPER) Messages: Stay up to date with the current and archived Military Personnel Messages.

<https://www.hrc.army.mil/milper>



Early Bird Brief: A daily compilation of published items and commentary concerning significant defense and defense-related national security issues.

<http://www.militarytimes.com/story/military/2015/06/18/early-bird-brief/28867279/>

AKO Knowledge Networks: Online forums to share expertise and experience, develop intuitive leaders, improve decision making, and develop organizations.

[AKO > Quick Links > Knowledge Networks](#)



Military Review- The Professional Journal of the US Army: An archived collection of stories from military journalists.

<http://usacac.army.mil/cac2/militaryreview/index.asp>

US Army Chief of Staff's Professional Reading List

www.history.army.mil/reading.html