

Enclosure 62

FW: Phoenix Warrior Wellness Time

From: Forbes, Michael J SFC USARMY USSOCOM USASOC (USA) (michael.j.forbes.mil@socom.mil)

To: paxmas2007@yahoo.com

Date: Friday, March 8, 2024 at 09:40 AM EST

From: Pearson, Aurelia L CPT USARMY USSOCOM USASOC (USA) <aurelia.l.pearson.mil@socom.mil>

Sent: Wednesday, March 6, 2024 8:52 PM

To: USASOC 528SB STB Members DL <528SB-STB-Members@socom.mil>

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Team,

I have received individual questions from a few sections. To provide more clarity, below is additional guidance from the Company Command Team:

The uniform for the session will depend on the location chosen by the group leaders. For instance, if it's a hike, wear hiking boots and protective clothing. If it's a gym, wear workout clothes, and for breakfast, wear jeans and a shirt.

In our previous session, we assigned group leaders. However, for this session, the NCO/OIC of each section will be the group leaders. For smaller sections such as RM or S2, you can combine with another section of your choice. Our intention is to keep the integrity of the section in this session, and in future sessions, we will mix everyone.

OIC/ NCOIC, you are already familiar with your soldiers. However, please ensure the conversation is thoughtful and engaging. If you need additional guidance on how to accomplish this, please see CPT Jones or MAJ Racaza. They can also advise you on how to respond if an unexpected conversation arises.

Additionally, AAR comments will be submitted to the Company Command team by COB Friday (8 March 24). We will consolidate them and give it to the BN XO.

Thanks for the support!

V/R

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From: Buehler, Keeli J CPT USARMY USSOCOM USASOC (USA) <keeli.j.buehler.mil@socom.mil>
Sent: Wednesday, March 6, 2024 1:48 PM
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Subject: CONOP: Phoenix Warrior Wellness Time

Phoenix Warriors,


Please see the attached concept design for Phoenix Warrior Wellness Time.

Our first iteration of this will be this Friday, 8MAR24, 0630-0930. It will occur monthly on the 2nd Friday morning of each month.

Please reach out to me if anyone has any questions. Looking forward to seeing everyone getting after the various pillars of wellness!

Keeli Buehler
CPT, LG
Battalion XO
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