

2025 FT. BENNING HUMAN PERFORMANCE SYMPOSIUM

04 NOVEMBER - Leader Implementation Focused

TIME	TOPIC	SPEAKER
0900-0910	OPENING REMARKS	MCoE LEADERSHIP
0910-0930	H2F UPDATES	MR. MANSFIELD
0930-1020	WELLNESS IS LETHALITY	MOPs and MOEs
1020-1110	HUMAN PERFORMANCE AS A FORCE MULTIPLIER	LEADER PANEL
1110-1130	PREGNANCY AND POSTPARTUM TRAINING	MAJ MENO/FBGA P3T
1130-1150	SUPPLEMENT SAFETY	CPT ALLEN
1150-1300	FOOD TRUCKS/LUNCH BREAK	
	BREAKOUT 1	BREAKOUT 2
1300-1350	SPIRITUAL FITNESS CH McCRAVEY/MCoE UMT	ASSESSMENT OF RECRUIT MOTIVATION AND STRENGTH (ARMS) CPT BRAUNING
1350-1410	BREAK	
1410-1500	81 ST READINESS DIV H2F: FROM PILOT PROGRAM TO INTEGRATION LTC BARBER	TRAIN THE BRAIN: COGNITIVE PERFORMANCE FOR SOLDIERS CPS PANEL
1520-1540	BREAK	
1540-1630	FUELING THE SOLDIER: FROM IET TO COMBAT MAJ RIPPERGER/CPT ALLEN	DEAD TIRED: IMPROVING PERFORMANCE THROUGH SLEEP CPT BLACK

05 NOVEMBER - Human Performance Team Focused

TIME	TOPIC	SPEAKER
0900-0915	OPENING REMARKS	MOPs and MOEs
0915-1015	STRENGTH AND CONDITIONING FOR THE HUMAN WEAPON SYSTEM	DR. CHRIS MYERS
1015-1115	HUMAN PERFORMANCE RESEARCH UPDATES	AUBURN & GEORGIA SOUTHERN UNIVERSITY
1230-1330	COACHING FOR COACHES	MR. FLINN/ MR. MUNOZ
1330-1430	HUMAN PERFORMANCE TEAM BEST PRACTICES	FBGA HUMAN PERFORMANCE TEAMS

****TOPICS AND SPEAKERS ARE SUBJECT TO CHANGE****