



# RAF Case study – Esports Skills

## Skills, Strategies and Analysis

From combat scenarios, to everyday operations of our military units in the UK, these can be implemented in every facet of our work. Logistics, Engineering and Cyber Threat Analysis are at the very forefront of everything we do as modern military force and we rely heavily on the ability of our personnel to utilise these attributes regularly.

## Health, Wellbeing and Fitness

As a fighting force, our personnel are expected to maintain high levels of personal fitness to allow them to operate in various conditions all over the world. It is of paramount importance that each member of the RAF has a vested interest in the health, wellbeing and fitness of themselves and the personnel under their command.

## Enterprise and Entrepreneurship

Although we are not viewed as an entrepreneurial business, we do encourage our personnel to adopt this mindset as we look to revolutionise and evolve as a Service. We have a number of projects which look at the future of the RAF and how it will evolve in the coming years. To keep our Force current and adaptable to the world around us, our servicemen and women are at the cutting edge of providing feedback on the pertinent issues we should be addressing and the changes we need to implement.

## Coaching

From our instructors who deliver Basic Training to our new entrants, to delivering on the job training to our peers and subordinates, Coaching is at the forefront of our minds. We are constantly learning new skills within our primary roles, extracurricular activities, sporting endeavours and Force Development. To effectively ensure that this takes place we implement coaching principles on an almost daily basis to ensure our people are growing and learning all the time.





## Nutrition for Performance

Undoubtedly, to perform at your best you need to fuel your body by consuming a healthy and balanced diet. Our personnel are educated from the very beginning and throughout their careers about nutrition and the importance that it plays in their performance in every aspect of their lives. A detailed knowledge of this subject is something that we expect of everyone within the RAF and we promote this through a variety of initiatives.

## Psychology for Performance

The importance of mental well being and knowledge of the psychology behind optimum performance is one of the most pertinent issues in the modern world. This is something we are strong advocates of and we place a heavy emphasis on matters of the mind. From our Mental Health First Aiders to our Sports and Performance Psychologists, we are actively and consistently empowering our people with the tools and knowledge to ensure that they are in the best frame of mind to deliver our output at the very highest level.

## Ethical and Current Issues

As a fighting force which is governed by a multitude of national and international laws and conventions, it is a priority that we all have a knowledge of these and the standpoint expected of us all. As we operate in a multitude of countries and environments, we are expected to have an up to date and detailed knowledge of current affairs and the ethical issues surrounding them.

## Live Streaming and Video Broadcasting

As the ever changing landscape in every area of our lives develop in these unprecedented times, live streaming and video broadcasting has grown exponentially. This is something that the RAF has embraced by increasing our digital footprint. We are ever increasingly hosting interactive Q&A sessions through video broadcasts and online platforms. These are facilitated and run by our very own personnel and a knowledge of these subjects is extremely advantageous.

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