

Who Is This Course For:



- Have you served or are serving in one of the UK Armed Forces?
- Are you having difficulty adjusting to civilian life?
- Do you suffer from stress or depression?
- Are you ready to make changes in your life?

“The Warrior Programme allowed me to see that I had a future.”

**Gary, Royal Navy
Falklands**

“When I left the army I struggled to adjust to civilian life. During the 3 day (Warrior) programme, I made the fundamental shift of letting go of my anger, sadness, fear and guilt. It has been completely life changing and I am now full of confidence.”

Former Coldstream Guards

“Thank you so much, my husband is now a happier man. I recommend this course to anyone. I was sceptical and thought after 5 minutes at home it would be the same. But he is different. I cannot thank your team on the Glastonbury course enough.”

A Wife of an ex-Serviceman

The Warrior Programme is a company limited by guarantee
[no. 6263721] registered charity [no. 1120893].

Registered office: 4th Floor, 15 Basinghall Street, London EC2V

For more information and to apply for a place on a course please contact:

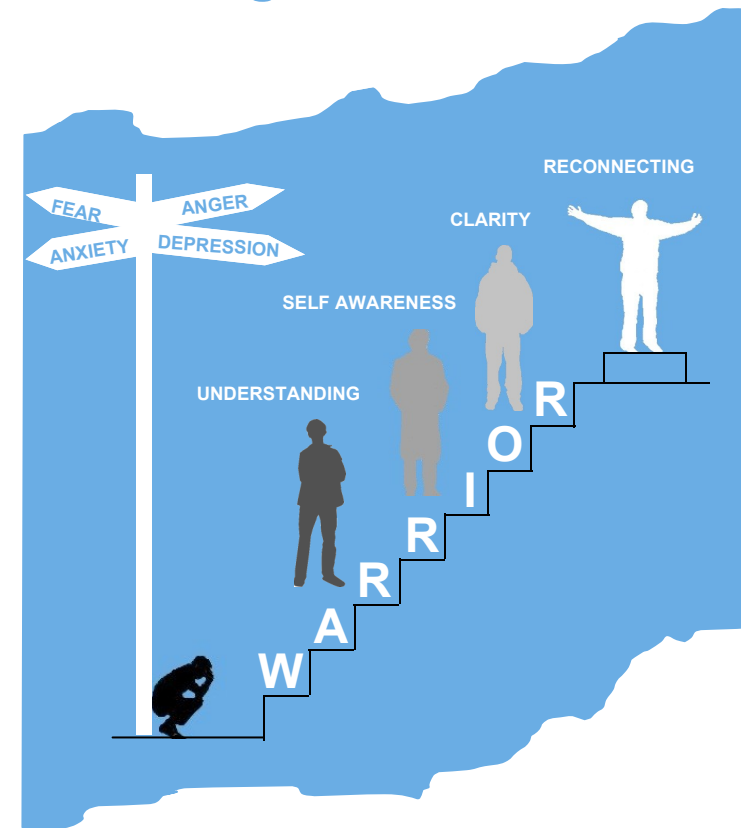
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Regain Control



The Warrior Programme is a personal transformational, motivational and educational programme for ex Service Personnel over 12 months.

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What is The Warrior Programme..?



The Warrior Programme is a personal transformational, motivational and educational programme run over 3 days which is **FREE** to clients. Using coaching techniques it enables individuals to take control of their lives, increase confidence, provide motivation and direction to allow them to lead a healthy and balanced life in society.

Clients learn and practice these coaching techniques during the programme, supported by professional coaches, enabling them to use the techniques to overcome challenges in the future.

The techniques used allow clients to work on their problems in complete confidence without having to discuss them in open forum.

Monthly coaching meetings follow on after the programme to check on clients' progress, refresh their skills in order to ensure that they continue to maintain a healthy and balanced life.

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Why Attend The Warrior Programme?



You will be shown tools and techniques to improve your own performance, focus, health and wellbeing.

- Understand how your mind works
- Improve your focus and clarity
- Increase your energy levels
- Improve your confidence
- Reduce your anxiety and fear
- Understand what motivates you
- Learn how to regain control of your life

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What Do We Cover On The Course?



We introduce a number of techniques to clients to assist them in determining what is going on:

- Identify your current situation and how you would like to function in the future
- Identify barriers, beliefs and challenges which are preventing you from getting what you want
- Techniques which you can use post the course to reframe your thinking and behaviour in order to be successful
- Techniques to help you remain calm, balanced and motivated
- Throughout the course professional coaches will be present to assist you