

thewarriorprogramme

reconnecting



- 3 day Motivational and Educational Training Programme *with an optional 4th day "Preparing for work"*
- Increases Confidence, reduces Anxiety and Stress
- Learn techniques to keep you grounded and balanced
- Find Focus and Clarity to live an independent healthy life

If you would like to speak to a Warrior who has been through the course, please give us a call and we will put you in touch.

"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

"I attended the programme and observed participants make huge changes, had I not been there I would not have believed it."

A Mental Health Practitioner

"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

Next Warrior Programme Residential Course

Course Dates: Tuesday 24th, Wednesday 25th & Thursday 26th of January 2012 *with an optional 4th Day on 27th January "Preparing for work"*.

Course Location: St Monica's Training Centre, Kingswood, Tadworth, Surrey, KT20 6EU
A Residential Course, full board, and at no cost to participants (**less personal expenditure!**)

Registration days: for course attendees living in *Exeter and surrounding areas*

Thursday 12th January 2012 from 2.00PM to 3.30PM @ RBL & SSAFA, Alders Court, 7a Chudleigh Rd, Alphington Exeter EX2 8TS. For course attendees living in *London and surrounding areas*

Wednesday 11th January 2012 at 2.00PM to 3.30PM @ STOLL 446 Fulham Rd, Fulham, London, SW6 1DT

For more information contact :

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