

thewarriorprogramme

reconnecting

What is The Warrior Programme?

The Warrior Programme is a personal transformational, motivation and training programme run over 12 months. After the initial 3 day programme you will have the opportunity to attend our monthly meetings to ensure you remain on track and continue your progression towards an independent healthy life.

Participants will learn and practise 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 participants to work on their problems in complete confidence without having to discuss them in open forum.

Why attend The Warrior Programme?

The Programme is beneficial to all individuals. You will learn tools, techniques and strategies to improve your own performance, focus, health and well being. The course will give you the opportunity to take time out and reflect on your current situation supported by professional coaches. In addition other benefits are:

- Understand how your mind works
- Improve your focus and clarity about what you want
- Increase your energy levels
- Improve confidence
- Reduce anxiety and fear
- Learn how to take control and manage your emotions
- Understand what motivates you
- Access to other organisations that can assist you in your transition out of the military
- Discover what you really want to lead a healthy and balanced life post the services.

What do we cover on the Warrior Programme?

During the 3 day programme we will introduce you to a number of models and techniques to assist you in understanding and determining what is going on:

- Identify your current situation and importantly how you would like to perform and function in the future.
- Identify what barriers, beliefs or challenges you might be experiencing in preventing you from getting what you want
- Experience some powerful coaching techniques which you can then use post the course to reframe your thinking and behaviour in order to be successful
- Introduce you to techniques that you can use to remain calm, balanced and motivated
- Throughout you will have access to professional coaches who are there to assist you in shaping your future and overcoming negative emotions from the past

Who should attend the Warrior Programme?

The programme is particularly suited to individuals who have explored other programmes and techniques without success or for individuals who really want to operate more effectively and learn different coaching techniques to improve their lifestyle or are experiencing a change in circumstances and require clarity and direction.

Criteria:

- Participants need to be open to the idea of change.
- They must be in temporary or permanent accommodation.
- They must have a good grasp of the English language.
- They must not be dependant on illegal drugs – however those on prescribed drugs will be considered after discussion with their Key Worker, GP or drug counsellor.
- This is an alcohol and substance free course
- The programme is not suitable for people suffering from schizophrenia and personality disorders.
- Those accepted onto the programme must be willing and able to complete all full 3 days.
- Those accepted on the programme must commit to completing the evaluation form on day one, three and 6 months and 12 months.
- All locations have disabled facilities

The role of the referring agency

- Each agency is to ensure the nominated participant meets the criteria for the programme.
- Each person nominated by the agency must have a designated key worker, GP, who will be responsible for them after the course.
- Any concerns by the key worker must be shared with a member of the warrior team immediately.
- Attending the registration day does not mean automatic participation in the programme as all potential candidates will be assessed for suitability by the Warrior Assessment Team
- The key worker is expected to be proactive in encouraging the client to make the most of the experience of attending the warrior programme both whilst on the course and subsequent follow up support meetings.
- It is vital to the growth of the programme that evaluations of all participants are collected; the agency must be supportive of warrior in maintaining contact with participants in order to carry out these evaluations.

Warrior's commitment to our participants

- We will carefully and considerately assess those nominated to come on the warrior programme in order that they may have the most positive experience available to them.
- We will create an environment that is both safe and encouraging to personal growth.
- We will treat all those attending the programme with respect and confidentiality.
- We will monitor the progress of all those participants who keep in contact with us and provide ongoing assistance alongside our partner agencies for 12 months.
- We will fully endeavour to assist participants in getting what they want in order to live a healthy and independent life

For further information contact:

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