

ABOUT US

The Warrior Programme enables individuals to manage their emotions and to develop the resilience, focus and motivation to succeed in today's world. The Programme has been developed over the last ten years to meet the demands and challenges experienced by past and present members of the armed forces and their families.

thewarriorprogramme

BUILDING
YOUR FUTURE

BUILDING
MENTAL
STRENGTH

FOR THE WHOLE
ARMED FORCES COMMUNITY



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

www.warriorprogramme.org.uk

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THE PROGRAMME

For more than a decade The Warrior Programme has been showing the Armed Forces community past and present and their families a different way to manage their emotions and develop resilience, focus and motivation. This intensive personal development training provides a structured programme which includes:

- Pre- and Post-course workshops
- 5 half-day online or 3 full-day residential Foundation course
- follow-up training and monthly telephone support for 12 months.

VETERANS

Most Veterans report a successful transition back into civvy street. However, for a number this can be a difficult process; finding a job, juggling family responsibilities and settling down to a very different way of life. So if you are looking to make the most of your life, reconnect with family and friends or maximise your potential outside the Services we can equip you with more tools and techniques to support you.

SERVING PERSONNEL

If you are serving in the Royal Navy, Army or Royal Air Force the Warrior Programme will give you the opportunity to learn more about yourself, what makes you tick, how to stay motivated, succeed and take charge of yourself.

FAMILIES

Being part of a Forces Family can be rewarding and at the same time it can present unique challenges. We understand the pressures of managing service family life. We recognise that you need to keep mentally and emotionally strong to meet these demands. So, if you are looking to identify reasons why you might be struggling to move forward in certain areas of your life, want to understand what's really important to you and learn techniques to help you achieve your goals, we can empower you and help you make the right choices.



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