

# thewarriorprogramme

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## BUILDING MENTAL STRENGTH

FOR THE WHOLE  
ARMED FORCES COMMUNITY

### 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.

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**#BuildingMentalStrength**