

How to Register

To apply for a place on a programme please ring or email:

+44 (0)560 204 3180
info@warriorprogramme.org.uk

For more information please view:
www.warriorprogramme.org.uk

Organisations we are supported by



SNR DENTON

Organisations we work with



The Warrior Programme is a company limited by guarantee [no. 6263721] registered in England, and a registered charity [no.1120893]. Registered office: Quadrant House, Floor 6, 4 Thomas More Square, London E1W 1YW

thewarriorprogramme

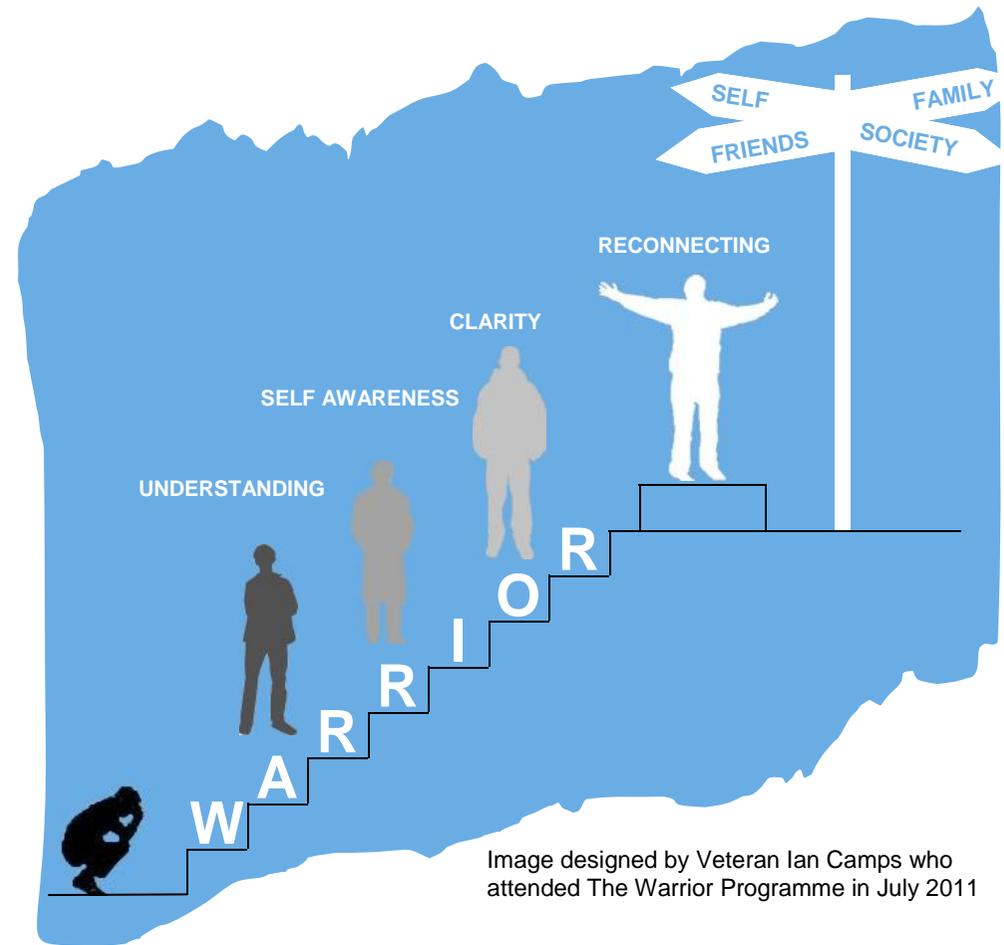


Image designed by Veteran Ian Camps who attended The Warrior Programme in July 2011

The Warrior Programme supports Veterans to lead an independent and functional life



What is The Warrior Programme?

The Warrior Programme is a three day residential education and training course with 12 month structured support and signposting for Veterans.

The course will teach you practical, effective tools, techniques and coaching strategies to help you manage challenging situations. Importantly, you will work on your issues in complete confidence without having to discuss them in an open forum.

After the course we will support and assist you to achieve your goals. We have an extensive partner network that you will be able to access to ensure that you are directed to the most appropriate service/agency.

Why Attend?

The programme is ideally suited for those who:

- Are struggling to cope with their current situation
- Are stressed, anxious, worried, angry or sad
- Are wanting to gain confidence and self esteem

What We Do?

We provide a safe and supportive environment and teach you powerful coaching models and techniques that will enable you to:

- Deal effectively with current situation
- Identify barriers, beliefs and challenges stopping you from getting what you want
- Remove negative emotions associated with previous events and memories
- Identify goals for your future and help provide direction and purpose



What Veterans Say...

"Before I went on Warrior I was seriously depressed. I'd attempted suicide four times. I'd been unemployed for 15 years and I was at absolute rock bottom – I couldn't see any solution.

The programme empowered me to look at what had happened in the past and to understand that the way I was dealing with it was really detrimental to my health. Once I was able to cast all that off it just felt so different; I had a smile on my face. What they taught me has really helped; it changed things straight away and that's kept on ever since. Things have kept on improving.

I've gone from being unemployed and suicidal to being a qualified security guard. At the end of the week I've got money in my pocket; I'm not struggling trying to survive on benefits.

Before the programme I was a recluse. I didn't go out or socialise. I couldn't sleep and I couldn't deal with my emotions and feelings. Now I've made new friends and I can go out and socialise. I sleep through the night – I don't pace around all the time like I used to. I get bad days, but that's what they are – one day – and I know that tomorrow will be better, and it is.

People have seen the difference in me; my behaviour is not extreme like it used to be. I've got a better relationship with my family. My relationship with my daughter and grandson are second to none.

If you put the effort in, it really does work and I'd encourage anyone to go on it."

Colin



To hear from other Warriors
please visit:
www.warriorprogramme.org.uk