

thewarriorprogramme



We can help you lighten the load.

The Warrior Programme is an intensive personal development programme that teaches you techniques to help you manage the negative emotions that are stopping you from leading the life you want. It will help you to increase your self-confidence and self-esteem, improve the way you communicate and manage relationships and achieve your goals.

If you are or have served, or are a family member of someone who is or has been in the Armed Forces the Warrior Programme is fully-funded and available to you.

For more information about our Foundation course please get in touch.

Online Course Dates

Sunday 13th September - Friday 18 September 2020

Sunday 27th September - Friday 2nd October 2020

Sunday 11 October - Friday 16th October 2020

Sunday 15th November - Friday 20th November 2020

Sunday 6th December - Friday 11 December 2020

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Building Mental Strength