

Research

Our Programme is evidenced based and the result of 15 years working with over 6000 individuals.

Efficacy of the Programme is validated through a Randomised Controlled Trial undertaken by Southampton University and peer reviewed and published by King's College London, King's Centre for Military Health Research.

Outcomes

Clinical metrics consistently demonstrate statistically significant improvement in:

Self Efficacy, Anxiety, Functional Impairment, Well-being and Relationship Satisfaction.

**Disillusioned
Underperforming
Planning to leave**

48% of Serving Personnel attending were in this category and planning to leave

Post course 100% were planning to stay, felt motivated, focused and were making plans around career progression and skills training

18% of Serving Personnel attending were long term absent

Post course 94% were back at work and operationally effective

**Long Term
Absence**

Front line Workers, managing boundaries, stressful situations and 'having enough gas in the tank'

Significant improvement in workplace performance and job satisfaction

At ThinkWarrior we deliver a personal development and resilience training programme that enables individuals to make sustainable changes to behaviour.

They will be better able to handle stress, manage conflict, and find perspective and react more favourably to adverse situations, focusing on and achieving both work and home priorities.

The programme delivers:

- 120 hours of training face to face or interactively online
- 3 day residential or 5 day online foundation
- 12 months follow-up group sessions that consolidate behavioural change.