

# Debrief Programme

Civilian life reintegration development

**Interview dates between 2-18 February**

Leaving the forces is a major transition, and you don't have to do it alone. This FREE workshop is designed for ex-forces personnel to help increase your confidence on entering civilian life and beyond.

**The course includes:**

**Mental Health & Wellbeing Skills**

Build resilience, manage stress, and develop practical tools to support your mental wellbeing during civilian life and beyond.

**Communication and Job Interview Skills**

Strengthen how you communicate in professional and everyday settings, from teamwork to confidence in interviews.

**Transferable Skills for Employment**

Learn how your military skills translate into civilian roles and industries, including leadership, problem-solving, and discipline.

*and much more*

**For further information contact**

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