

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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