

ACTIVE PLUS

VETERANS INSPIRING PEOPLE

We deliver targeted training, delivering practical change to organisations based in Cornwall and Devon.

Our training helps business leaders and their teams work together more productively. Businesses that work with us not only invest in their workforce but also in the ongoing wellbeing of our instructors; all former armed forces personnel.



Inspiring veterans

Our military veterans begin their journey with us as volunteers. Some have physical injuries, many have PTSD. Some have been unemployed for long periods, others have struggled making the transition from forces to civilian life.

All have become fantastic role models who share not only their skills and expertise with course participants, but also their own personal journeys. Many continue to volunteer, work full or part time with us or even move on – equipped to leave, equipped to lead.

Inspiring teams

Often there is a disconnect between people. In military life it can be fatal, so our veterans know all about communications 'across ranks' and what makes effective teams tick.

By using positive strategies to enable teamwork, motivation, confidence, and communication skills, our instructors tailor their delivery to meet individual needs. In return, supporting our military veterans on their own personal journey of recovery from physical injury, PTSD and transition to civilian life.

Supporting communities

Feeling good about yourself and being confident in your abilities opens up new opportunities and builds resilient communities.

With renewed self-esteem and positivity, we will help to reduce social isolation, improve health and wellbeing and build community cohesion.

We believe quality training shouldn't be just for the military.

Contact us to find out more!

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**EMPLOYER
RECOGNITION
SCHEME**

GOLD AWARD

- ▶ Are you looking for an *ice breaker* for a business meeting?
- ▶ Do you need a half or full day of *team building* activities?
- ▶ Does your team deserve a *reward* for their hard work?

Our teams deliver unique programmes that build confidence, communication, motivation and self-belief; unlocking and nurturing the potential of ALL participants.

We can help with...

LEADERSHIP TRAINING

Forward-thinking leaders are needed, more than ever, to guide their teams through ever-changing complex challenges.

Let us help you learn with and from each other to bring action-centred leadership to life. Learn from those who have led with the lives of themselves and their teams at stake.



TEAMBUILDING

A strong team depends upon cooperation and understanding. Is your team struggling to work together?

We can help create a culture of success based on deep trust. Be a team that shares ideas and listens in the pursuit of a common goal.



CONFIDENCE & MOTIVATION

Confidence comes from the ability to plan; brief; execute and learn - in an environment where everyone has a voice to be heard.

Let us help you develop the confidence and motivation of your people and teams; unlocking full potential.



RESILIENCE TRAINING

Resilience is key in retaining a positive and productive team, reducing sick days and avoiding any sense of isolation.

We will help you grow a robustness in your workforce, break bad habits, avoid risk aversion, and embrace a culture of tolerance, learning, progression and quality production.



Learn from the best. Training that gets remembered. Results that last.

Prices start from *just*
£650
per Half Day Training
for teams of 6-12 people

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