



**Alternate Forces focuses on challenging, motivating and mentoring young people to help them make positive changes in their lives and achieve their full potential**

Our service utilises the wide ranging skills of the United Kingdom's serving and former military personnel who, combined with qualifications in Cognitive Behavioral Therapy and counselling, have the experience and ability to mentor and motivate people to their full potential with a view to promoting achievement, preventing offending and reducing reoffending. Alternate Forces' successful history in behaviour management enables them to provide advice for schools, education facilities and care provisions.



### **Day Courses:**

Day courses can be offered to incorporate team building and confidence building exercises alongside positive discussion tailored to the needs of the individual or group. Activities provided for day courses include; day expeditions mountaineering, rock climbing, navigation skills, bushcraft, survival skills, fitness/bootcamp classes.



### **Expeditions:**

Our programmes offer the opportunity for clients to experience a full outdoor expedition tailored to the group. This will can include camping, wild camping or a stay in appropriate accommodation. The activities can include navigation, mountaineering, rock climbing skills, bushcraft skills, survival skills, understanding nutrition, personal hygiene, first aid, health and safety and environmental science. In this time the focus will be on team building and confidence building along with an appropriate element of Cognitive Behavioural Therapy to initiate thoughts towards positive changes that can be built upon with a follow up mentoring provision offered by Alternate Forces if appropriate. There is also the opportunity for the young people that have engaged with our programmes to engage in restorative work, helping poor communities in undeveloped countries.



*We are happy to incorporate any element of the above programmes to suit individual requirements*