



 **LIFE SURVIVAL**  
Discover • Develop • Enhance



# helping ordinary businesses become extraordinary businesses

## About Us

Life Survival is an adventure and training organisation which works with companies to develop highly effective teams and well-balanced individuals. Our creative and fully interactive programmes are at the core of our unique approach to helping ordinary businesses become extraordinary businesses. They focus on developing knowledge, skills, attitudes, and pushing the boundaries to help individuals see their full potential.

Life Survival adds value to your business through its experienced and professional business coaches and programme directors, all of whom are all former members of the UK Special Forces. Bold and challenging in their approach, Life Survival's programmes are tailored to the needs of the individual and business, with the ultimate aim of developing a balanced and effective workforce.

## Our Staff

Our business coaches are professionally accredited by the internationally acclaimed Alder School of International Coaching. Their superior industry standards and vast experience in business management at senior management and director level provide a wealth of experience enabling them to understand and relate to the challenges of today's business environment.

Our course directors received highly specialised training in their former careers, which has been tested in the most difficult environments in the world. Leading small patrols in hugely successful peace keeping and "Hearts and Minds" campaigns, they used their exceptional teamwork and leadership skills to obtain the necessary outcome. Much of what they learned can be applied in the corporate world.

Life Survival staff share a passion for developing others. Their diverse backgrounds and extensive training, combined with superior communication skills, are the cornerstone to Life Survival's success in developing and enhancing your team's performance.

*“Life Survival has encouraged me to grow mentally, as well as physically, and inspired me to seize every opportunity that comes my way. My adventure did not end that day it has only just begun.”*

**Louise Kennedy,**  
Trainee Forensic Psychologist

## Our Approach

Our business coaching programmes are tailored specifically for each client. Depending on the needs identified, we may work solely with the business owner, extend our support to the management team or involve the entire workforce.

The underlying principle of our approach is simple; we target the two foundation stones of any business - people and process. It is here we can identify gaps between the current performance of the business and the goals and aspirations of the stakeholders.

Our programmes are engaging, enjoyable and fully interactive. We find that because people are interested, motivated and inspired by our programmes they commit a greater level of energy and retain more information as a result. This process is by far a greater learning method than passive listening; reaping a better return on your investment.

## Our Programmes

Whether you choose our one day or two day Elite Management Programme or Special Operations Executive Training, Life Survival will work with you from the start to ensure the programme we develop suits your needs. In addition we will agree a number of goals with each individual at the end of the programme and follow up sessions to assess the progress of the course attendees.

*We are committed to delivering excellence in the following core areas of any business -*

- **Communication**
- **Team Work**
- **Reducing and Managing Conflict**
- **Interpersonal Skill Development and Self Awareness**
- **Excellence in Management**
- **Leadership**
- **Sales**



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