

SURVIVAL SKILLS: BUSHCRAFT TO BOARDROOM.

Delivered by...

**REGIMENTAL SERGEANT MAJOR
GERYN JONES**



LEADERSHIP • PERFORMANCE • RESILIENCE

Geryn offers bespoke seminars in environments to stimulate & challenge your people to think differently & creatively about leadership, performance & resilience. Geryn uses a 'Non 4 Walls' approach, sharing life experiences gained from 25 years as a leader of people in challenging environments. Challenge your people like never before: Be the best!

07813 893 522

Free Demonstration

G.JONES@REDDOT365.CO.UK

No Obligation

With over 25 years decorated service in operational locations including Northern Ireland, Kosovo, Bosnia, Cyprus and Afghanistan. Geryn has vast and varied experiences of high tempo and very often critical decision making in operational, educational and corporate environments.

Geryn delivers individual or group interventions around leadership, improving performance and resilience in today's very busy corporate world.

Geryn uses the survival skills required using the great outdoors to encourage people to survive, flourish & grow in a variety of different environments.

SEMINARS & RETREATS

ON SITE

DELIVERED AT YOUR ORGANISATION

OFF SITE

*DELIVERED BESPOKE TO YOUR AVAILABILITY
AT VENUES THAT CHALLENGE YOUR PEOPLE*



LEADERSHIP

- **TRUST:** LEADING BY EXAMPLE - SET THE STANDARD.
- **CONTROL:** EMPLOY PEOPLE BETTER THAN YOU AND GET OUT OF THEIR WAY.
- **UNITY:** TEAMBUILDING - BESPOKE ADVENTURE ACTIVITIES.
- **EQUALS:** UNDERSTAND YOUR PEOPLE & LET THEM KNOW YOU CARE.
- **PEOPLE:** SWEAT THE SMALL STUFF AND WALK THE FLOOR.
- **PRESSURE:** THE MIDNIGHT BOARDROOM - HONEST DIRECTION.



PERFORMANCE

- **MINDSET:** OVERCOMING LOW SELF-ESTEEM & BUILDING CONFIDENCE.
- **WEAKNESS:** ACCEPTING YOUR LIMITATIONS & UNDERSTANDING YOUR STRENGTHS.
- **FEAR:** TRUE GRIT AND OVERCOMING ADVERSITY.
- **WELLBEING:** IMPROVING YOUR OWN AND UNDERSTANDING OTHERS.
- **PHYSICAL WELLBEING:** SIMPLE, ACHIEVABLE GOALS & RESULTS.

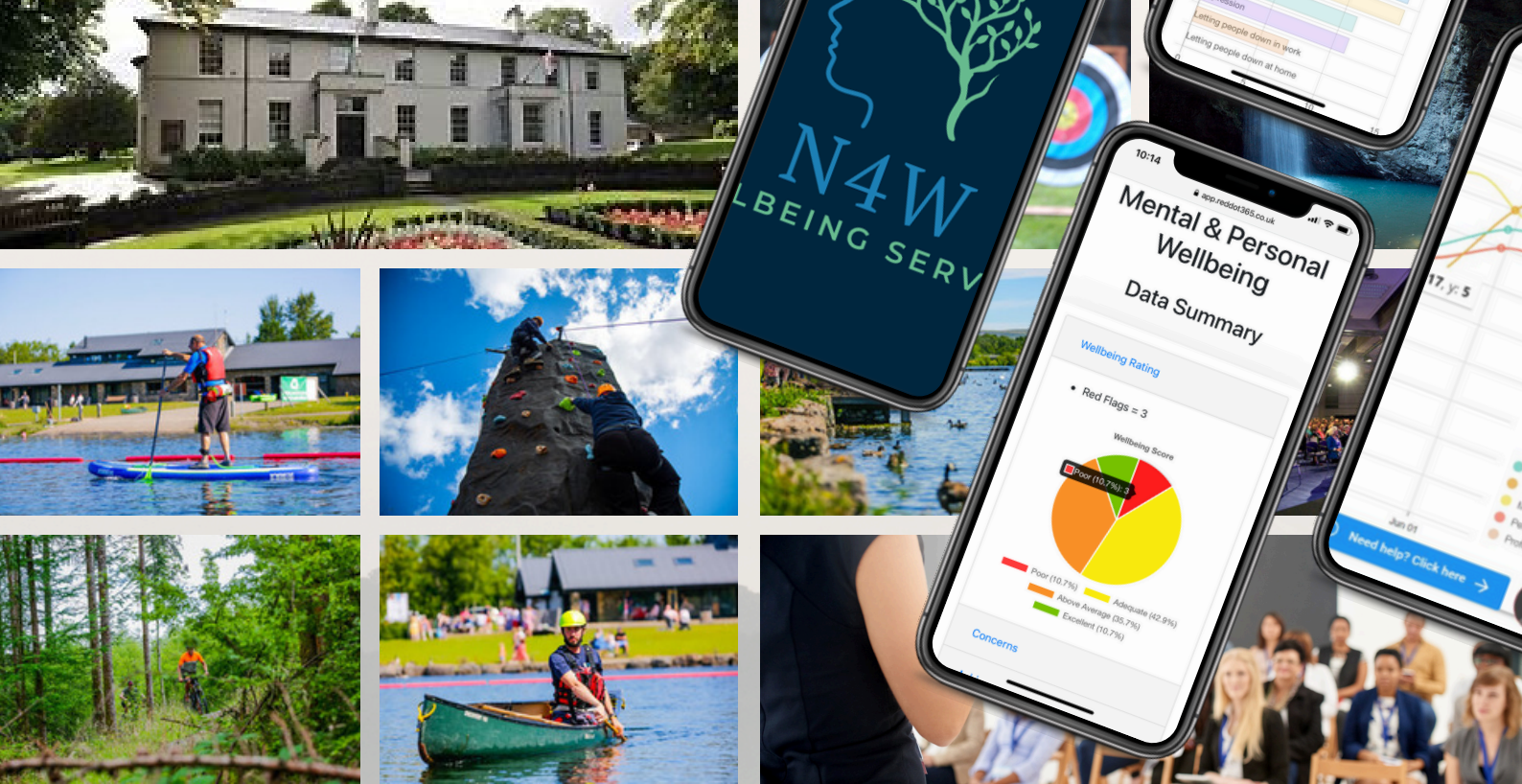


RESILIENCE

- **SURVIVAL:** OWNING YOUR CONFIDENCE & IMPROVING RESILIENCE.
- **INTERROGATION:** NEGOTIATION & CONFLICT MANAGEMENT.
- **SECLUSION & ISOLATION:** BEING ALONE, SEPARATION IN WORK & LIFE.
- **INCLUSION:** CHALLENGING THE STIGMA AND PREJUDICE OF MENTAL HEALTH.
- **EXPOSURE:** EMPATHY & UNDERSTANDING.

Geryn's aim is to understand your business, the challenges and issues you are facing at an individual & organisation level, using the FINU digital platform to understand your people's perceived wellbeing.

Quite simply, if we know what the issues are, we are far better placed to implement bespoke interventions that address existing problems to prevent those problems manifesting.



LEADERSHIP • PERFORMANCE • RESILIENCE

Geryn uses FINU's digital platform to make evidence driven decisions, making your staff part of the Solution, giving them a voice! Our aim is to uncover the factors that contribute to low engagement, presenteeism, absenteeism, and workplace stress. From there, our bespoke interventions, tailored to your people will be targeted to address the underlying causes.

These interventions can be conducted in your environment bespoke to your needs, choose to experience each one in an outdoors one day event or complete the experience with bunkhouse accommodation and selection of outdoor activities over several days.

- Geryn can facilitate some all over the world, however he can also host activities in Wales using bunkhouse facilities so you can enjoy a short or long stay and experience the breath-taking beauty, heritage, and wonders of Wales.
- The a local nature reserve, the park boasts 340 acres of stunning grass and woodland including a 36-acre lake.
- Geryn and his team blends insights to improve your peoples wellbeing, your organisations performance and individual resilience in stunning grounds with activities that will give you a true outdoor retreat: Archery, Bush Craft, Canoeing & Kayaking, Caving, Climbing, Driving Range, Golf, Foot Golf, Georg Walking, Hill Walking, Open Water Swimming & Stand Up Paddle Boarding



07813 893 522

Free Demonstration

G.JONES@REDDOT365.CO.UK

No Obligation