

Boot Camps



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Boot Camps are completely under canvas encompass a motivational training programme based around a series of progressive mental, physical and self-awareness challenges to encourage participants to recognise their full potential and the consequences of their actions and decisions.

Programmes aim to instil and increase an individual's

- team/community spirit
- self discipline
- tolerance
- self esteem/worth
- self confidence

while helping them to grow and prosper, enhancing their employability and social awareness and subsequently allowing a more solid integration into their local community.



'.....but most of all they taught me I can change and do anything I put me mind to'

Not All Bad Training



Boot Camps

www.notallbad.co.uk



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