



Commando Mindset

Training for Resilience

Overcome challenge the Royal Marines way

RMA-TRMC.ORG/COMMANDOMINDSET

COMMANDO MINDSET

A challenging time for business

This is a demanding time for everyone. Isolated, disrupted, separated from our friends, colleagues and loved-ones, anxious about health and livelihoods, we're many of us facing the most profound challenge to our way of life that we have ever experienced.

Each one of us needs robust resilience skills in order to deal with these challenges. Only then can we function at our best and help the businesses we work for to bounce back and thrive.

Overcome challenge the Royal Marines way



Commando Mindset for resilience

The Commando Mindset is the technique used by every Royal Marine to deal with challenge. It's been tested and refined by the Royal Marines for over eighty years.

Royal Marines undergo the longest and most gruelling training of any military force in the world, 32 weeks of physical and mental formation which turn raw recruits into Royal Marines Commandos. Though the Royal Marines form only 4% of UK defence forces, they currently provide 47% of UK Special Forces – they punch above their weight because of their Commando Mindset.

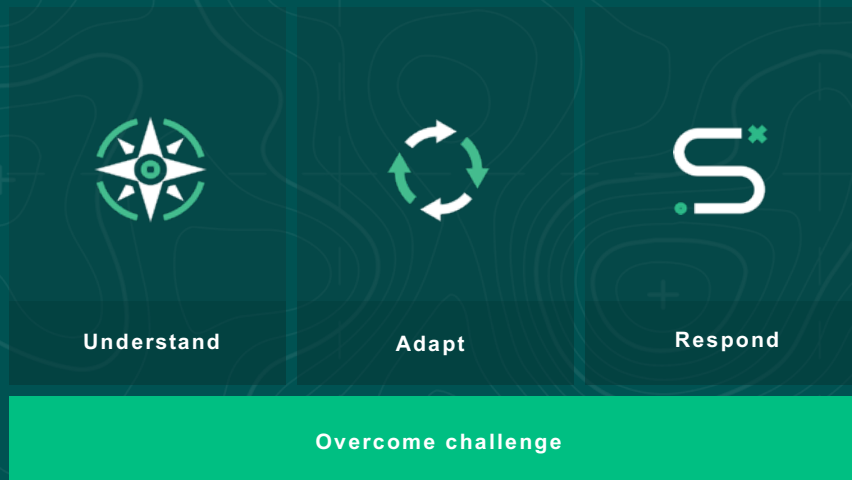
But Commando Mindset is not just for the battlefield. It's a methodology for addressing any challenge big or small, from moments of extreme stress to the obstacles we all face everyday.

For the first time we're making the Commando Mindset available to a wider audience. As organisations pick up the pace and seek new ways to bounce back, we are introducing our way of thinking to senior leaders in Britain's business community and calling on some of our bravest and most extraordinary fellow Royal Marines to get the story out there.

[Watch the Film](#)



The problem and how we address it



We're all guilty of developing habits that negatively affect our resilience. This can make problems seem insurmountable and overwhelming, which leads to stress and decreased effectiveness.

At its heart Commando Mindset has a very straightforward and highly memorable model.

The training embeds this as a central organising framework, and then introduces trainees to a series of highly practical resilience tools that are built around it.

Commando Mindset provides a methodical way of dealing with any challenge. It's a way of getting perspective, staying calm and seeing an obstacle for what it really is. And then adapting your approach and responding with decisiveness in order to overcome it.

We get trainees into the habit of applying the Commando Mindset every time, no matter what the challenge is.

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The business parallels

The Royal Marines operate in highly demanding environments. Many of the challenges they face are directly relevant to those faced by businesses.

The Commando Mindset training is built around those direct parallels with the world of business.

This ensures that every aspect of the training equips your team with a range of practical skills they can apply everyday, at work and in their home life.

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Business



Commando Mindset

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Business Parallels



Adapting to
unusual situations



Making split
second decisions



Dealing with unforeseen
circumstances



Identifying and managing
sources of stress



Looking after
each other



Coping with
excessive workload



Preparing for a
demanding day

A word from Lieutenant General Rob Magowan



For the last 80 years in the Commando role, Royal Marines have established and secured a proven track record of excellence and achievement in the forefront of every campaign undertaken by the UK. Though they form only 4% of our defence forces, they provide 47% of Special Forces personnel, punching well above their weight. This level of excellence has been achieved through a combination of careful selection and rigorous training, but also by the living out of the Commando Mindset, which enables both individuals and teams to understand, adapt, respond, and so overcome their challenges. It promotes clear thinking and recalibration to deliver solutions time and time again. This can be pro-active or reactive, a calculated risk or something that mitigates or prevents what could have been a disaster. The Commando Mindset provides a powerful framework and high credibility, making Royal Marines distinct from their competitors and adversaries.

As Commandant General Royal Marines, I commend the Commando Mindset to you also - not as a management tool, but as a way of living which is applicable in business as in every sphere of life. Jon White and Joe Winch are proof that even the greatest physical and mental challenges can be overcome - the Royal Marines way.

Rob Magowan

Lieutenant General Rob Magowan CB CBE,

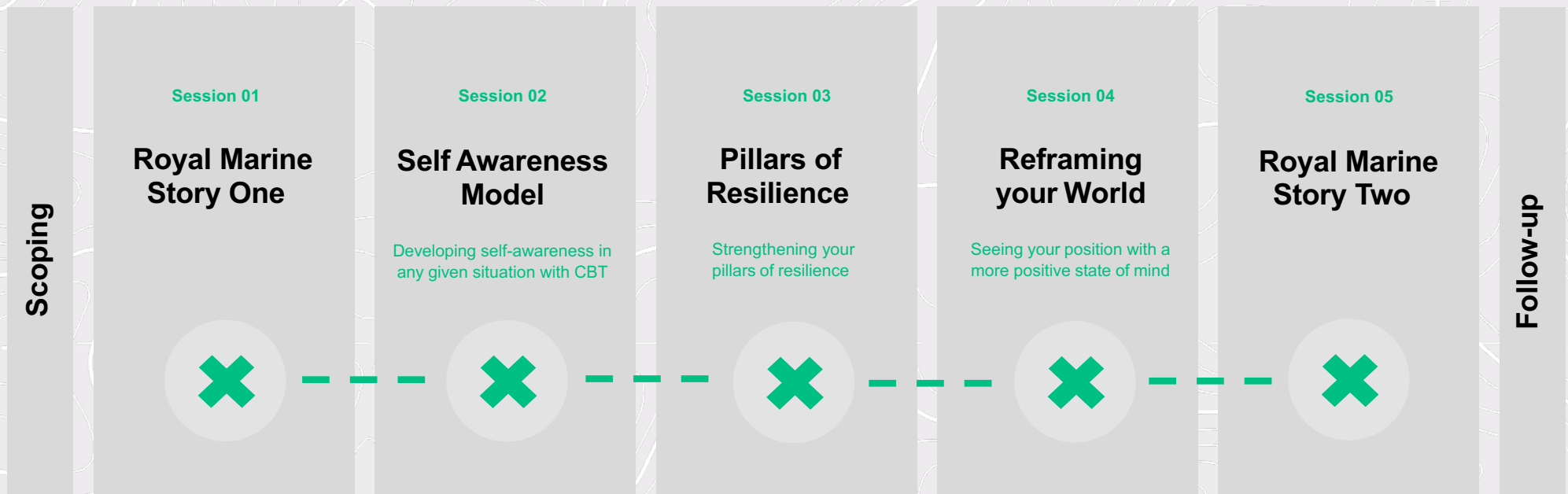
Deputy Commander UK Strategic Command and Commandant General Royal Marines



Five core training modules

Commando Mindset training is available as five core training modules, ideally delivered over one or two days. That said, we are very happy adapting the delivery mechanics to suit the needs of your business.

We typically initiate the process with a scoping exercise to help contextualise the workshop modules. At the end of the training, we put in place a series of 'follow-up' exercises at significant checkpoints to ensure the training is fully embedded in your business.



What's in it for my team?

- ✓ One to one training from two former Royal Marines, who are also highly experienced trainers and mental health coaches
- ✓ Five highly engaging workshop style sessions
- ✓ Clear and specific learnings for any business challenge
- ✓ Thorough grounding in the Commando Mindset and how to use the key tools
- ✓ Course handbook for each attendee, with key take-outs they can apply at work and at home
- ✓ Post-workshop refresher sessions if required



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Commando Mindset and your business

Every business faces its own unique set of challenges. To discuss how Commando Mindset might be suitable for you and your business please get in touch with us today:



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Tom Wilson
Director of Development
Royal Marines Charity