



ARMY IN THE SOUTH EAST LEADERSHIP CHALLENGE DAY



YOUR CHALLENGE

During the day you will have the opportunity to practice your ability to work and communicate effectively with other participants from a range of organisations and backgrounds as you tackle a variety of outdoor challenges and develop your personal skills as you complete a series of team tasks.

YOUR DAY

Participants will work in teams to solve a range of mental and physical challenges set by Army units from across the South East. You will have the opportunity to learn more about the Army, gain an understanding of the wide variety of roles it undertakes and to gain an insight into the full time and part time career opportunities it offers.

THE EXPERIENCE

Above all, it provides an opportunity for you to learn about yourself and develop your own personal skills and approaches. Much of the learning can be directly applied in the workplace and will contribute to developing confidence, teamwork and personal resilience.



FURTHER INFORMATION FOR THIS EVENT IS AVAILABLE ON OUR EVENTBRITE PAGE

[Headquarters South East Events | Eventbrite](#)

Army in the South East – Leadership Challenge Day

PARTICIPANT INFORMATION

This document provides some further information of the day so you can prepare accordingly.

- 1. What is the Challenge Day?** The Army in the South East Challenge Day is a Multi-activity event that highlights the diversity of military roles and personnel, allowing participants to develop teamwork and leadership skills by competing in military tasks and challenge stands whilst learning about the Army
- 2. Do I need to be fit?** The event is not strenuous, anyone with a reasonable level of fitness and uninjured can participate, just let us know any injuries you have and remember you can cease to participate in an activity at any time if you are in discomfort.
- 3. What is the Cost?** We do not charge for participation in this event. You are however responsible for making your own transport arrangements to and from the event (ample free parking available). We would however ask that if you decide not to attend, you cancel your ticket at the earliest opportunity so that others may benefit from your place.
- 4. What to expect?** Participants will work as part of a team to solve a range of mental and physical challenges. You will learn more about the Army and its people and it will provide an insight into how we get the best out of our people. You will have the opportunity to develop leadership and teamwork skills and consider how you can build confidence, resilience and courage in yourself and others.
- 5. Will I get fed?** We will provide lunch and most dietary requirements are catered for but please let us know if you have anything specific we should know about. There will be refreshments and water available throughout the day.
- 6. What time do I need to arrive/ when will it finish?** This is an all-day event, reception will open at 09.00 please arrive promptly to be ready to start activities at 10.00. The Challenge Day will end about 17:00.
- 7. How do I book onto this event?** Please click onto our Eventbrite link, [Headquarters South East Events | Eventbrite](#). This will direct you to our home page where you will see all activities we have available. When booking onto an event 1 ticket = 1 participant, if you are booking on behalf of your organisation please make sure you select the number of tickets for the number of participants who will be attending and ensure each ticket has a name allocated to it.

If you would like to learn more about the Army and what we do, please click on the below link or QR code where you will be redirected to our webpage where you can find further information:

https://linktr.ee/army_engagement

