



LAUNCHPAD

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**Forging psychological  
skills for young men in a  
challenging world**



# This Needs Our Attention



Worrying downward trend in the mental health of young men



High University drop out rates



Unprecedented rates of anxiety and depression



Well documented societal pressures exacerbated by social media



Confusion, overwhelm, anxiety, lack of direction, unhealthy habits



Absence of joy, hope, purpose, fulfillment





# Does Your Son?



Feel a lack of direction or sense of purpose?



Feel ill-prepared to thrive outside education; to manage life's ups and downs?



Simply want to have the best chance of living a happy, fulfilling and successful life?



Struggle to manage uncertainty or 'stress'?



Have the skills to successfully navigate the chaos and complexity of life outside school or University?





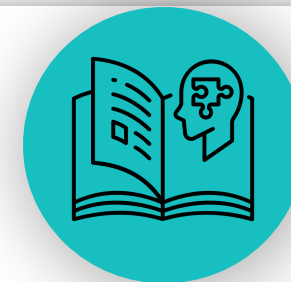
# The Solution



'Launchpad' is a unique, individually tailored programme with life-shaping outcomes.



Based upon a proven, research-based methodology to develop the mental approach and psychological skills needed to thrive into adulthood.



'Launchpad' is grounded in both contemporary psychological science and traditional wisdom, but the purpose remains 100% practical. Your son will gain skills that will help him to thrive in the real world.





# Keith Reesby BSc MSc CLC



- Former international sportsman, Army Major and RAF Squadron Leader, combat helicopter pilot, and adventurer. Now businessman, coach, educator, husband and parent of 3.
- Extensive experience of supporting the development of young people, including as a former Head of Psychology and Housemaster at Wellington College, and as the Director of Quest Africa, running developmental 5 and 7 month programmes for young adults from around the world.
- Author of a proven methodology informed by a unique blend of practical experiences and psychological research.

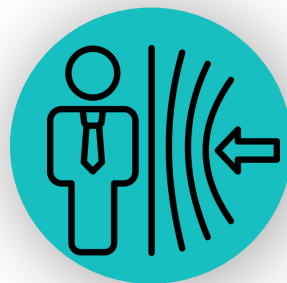




# Program Structure



This transformational course consists of 8 online 1 on 1 sessions, each of 60 minutes, and held once a week for 8 weeks.



Each session is designed to result in specific goals and guidance to develop beneficial characteristics such as resilience and stress management.



The programme is 100% tailored to the needs of your son.

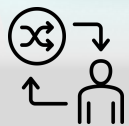




# Your Son Will Gain



A developed sense of control and responsibility.



Psychological tools to help to deal effectively with adversity, change and uncertainty.



A new perspective on positive mental health, and how to retain equilibrium.



A sense of direction and an actionable plan.



A sophisticated understanding of habits; how to break bad ones, and to foster desirable behaviours.



A sense of clarity and purpose.





# Testimonials

“I really enjoyed our conversations and quickly found a new sense of direction in who I want to be when I leave school. I am now looking forward to University, and feel more prepared to make the most of the experience, while also having a plan for if and when difficulties arise.”

(Callum 18)

“These sessions have made such a difference. I was a bit lost when I left school and didn't think Uni was for me. I now have a sense of purpose and am really looking forward to getting going. I know there will be challenges but am now clear on how to overcome them and put them into perspective”.

(Oscar, 19)

“I was initially a bit sceptical as my parents and school had tried lots of ways to help me worry less and get less anxious about work, exams, friendships etc. Working with Keith really helped. Although I know it will take time to be the person I hope to be, I now feel like I know how to get there”.

(Jordan, 18)







## Details

The **8**  
Session  
Programme  
Costs  
**£2,499**



A **free** of charge  
**45 min**  
initial consultation is  
recommended  
before payment,  
to ensure your son will  
benefit from  
subsequent sessions.





## Next Step



See

[www.keithreesby.com](http://www.keithreesby.com)  
for more info and full bio

Contact

[kr@metishp.com](mailto:kr@metishp.com)  
to book a complimentary  
consultation

