### **RESERVE FORCES IN NORFOLK**

#### Lt Col Matt Woodeson

Commanding Officer 3<sup>rd</sup> Battalion, The Royal Anglian Regiment *The Steelbacks* 



### WHO IS BASED IN NORFOLK





### THE ROLE OF THE RESERVE

# *• To provide mass at a time of national need or crisis*

- National resilience amongst the community and for the community
- Globally or Internationally, based upon a specific niche or skill set, or capability



# CHALLENGES

- Work life balance
- Parity
- Service
- Military employment
  - Nationally
  - Globally
- Return to work...



## **OPPORTUNITIES**

- In Defence
  - Reserve to Regular transition
- In the workplace
  - Transitional skill sets
    - Increased management capabilities
    - A higher tolerance to stress / dynamic situations
    - Decision making
    - Speed of action
    - Responsibility
    - Work place first aid / responder







### TRANSITION

- The Reserve is growing and modernising
- Women in close role ground combat
- Increased opportunities for individuals
  - Employer support
  - Employer involvement (employers abroad)
  - Employer relationship with Reserve Forces
    - Management weekends
    - Employer breakfasts
    - Covenant











