

## BEEN THERE DONE THAT...

### Tom Keogh

With just over four and a half years' service behind him, 22-year-old Rifleman Tom Keogh left the Royal Green Jackets (Infantry) in May this year, having served in Northern



Ireland and Iraq. While he says he didn't gain any qualifications during his time in the Forces that were directly applicable to civvy street, 'I learnt a lot about myself and other people, and life in general.'

He attended a Career Transition Workshop and found the CV writing guidance in particular 'very beneficial'. He also found the RFEA job-finding service very useful.

His first – and current – civilian job is as an instructor for British Military Fitness. He decided to pursue this route having 'seen classes in local parks and read about the NVQ course in Quest magazine.' The job is, he says, 'a lot like being an Army PTI. However, it is a lot harder to motivate civilians who are paying for a service than it is to motivate soldiers who are being paid. It can be a lot more rewarding, though.'

'I enjoy getting feedback from clients after the classes and there is a lot of satisfaction after I have done a good session. It can sometimes be hard, though, when you get clients who are more difficult to motivate than the rest of the class.'

In terms of his new career's similarity with life in the Forces, he says: 'All the other instructors are ex-Forces or still currently serving, so the camaraderie at work is still there.' The main differences are, he says, that 'Working with civilians is different to working with soldiers – the language, the interaction between people, the environment, are all very different and it can be hard to get to grips with at first.'