

Ex-Service Personnel Mentoring in Schools

Steven Wells

A mentor in Penwortham Girls' High School



I lived and grew up in Chester with my parents and older sister. In February 2002 I decided to leave education and the Royal Navy, serving for a period of 11 years. I served in many different countries including the Falkland Islands and Bahrain where I worked closely with Local Customs, US Forces and the Royal Air Force. My Service included 18 months with the Diversity Awareness and Recruiting Team. In this time my role was to attend events promoting the Royal Navy all over the North of England. This included assisting and running leadership programs, team building days and engaging with target audiences in schools, colleges and minority groups within the communities.

"This experience allowed me to pass on my knowledge and experience in discipline, respect, communication and team work."

During my final 18 months I was part of Royal Navy unit responsible for anti-piracy east of Suez primarily responsible for protecting Merchant Vessels owned by the Ministry of Defence. As the senior member of my watch I used my knowledge and experience to guide more junior members of the team throughout the tour. On my return to the UK I was privileged to assist in the security at the London 2012 Olympic Games, based at the sailing venue in Weymouth. In my final year I realised I wanted to utilise my passion for health and fitness to help people to improve their overall health. I qualified as a FA Football Coach, a Fitness Instructor and Personal Trainer. Since leaving I have set up my own Personal Training Company and alongside this I have been working as a Postman for Royal Mail. Since leaving the Military I now reside in Preston with my wife. I enjoy most sports including football, swimming, cycling and running.