

Guy Westoby- Bitesize Blog on his business- Resett. (Military Resettlement Counselling)

"I got my idea for a counselling service (www.resett.me) for the transition from military to civilian life from my own experience of this transition. After leaving the Royal Navy, I looked around to see what counselling services were available, and realised that a specific service of this kind did not exist, despite an apparently large demand.

I was put in touch with Liz Mackenzie of SIE through the Glasgow Regeneration Agency. She immediately understood my idea and brought a new, practical perspective to my planning. Liz also supported me in making the connection between having an idea and making it happen.

Liz connected me with other new entrepreneurs as well as those with more experience who gave practical advice and helped to inform the decisions I made. Where partnerships didn't form, I took motivation from their stories. Perhaps most crucially of all Liz pointed me to funding sources that have enabled me to have a website created, secure premises and produce marketing material.

The workshops and events, as well as one-to-one sessions with SIE staff have been invaluable in keeping the momentum of my idea going, as well as allowing me to mix with like-minded people."