# Ex Navy entrepreneur urges young people to consider career in Armed Forces

**Wednesday 17 December, 2025**

Tymoor Nabil (46), a Royal Navy veteran from Swansea, who set up his business, is calling on more young people to consider joining the Armed Forces — saying the Navy gave him “discipline, independence and values that civilian life never could”.

After being medically discharged from the Navy following 14 years’ service, the veteran – who served as a warfare specialist and assisted with English-Arabic translation – struggled to find stable employment. A grant from The RNBT (The Royal Naval Benevolent Trust) enabled the father of two to buy essential tools and equipment to launch his own business, Swans Bay Painting & Decorating & Cleaning, helping him rebuild his life.

**A unique training for life**
Today, Tymoor is thriving as a self-employed tradesman and credits the Royal Navy for the mindset that helped him succeed.

“Every young person I meet, I tell them to think seriously about joining the Forces,” he said. “You learn discipline you’ll never learn from mum and dad or school. It gives you pride in being independent. It makes you the person you couldn’t be in civilian life. Respect, work ethic, morals, time management, attention to detail — you learn far more of that in the Armed Forces than anywhere else.”

He added that the mindset he learned in the Forces, together with the support he received from The RNBT, played a crucial part in helping him start his own successful small business.

“The RNBT helped me get on my feet. Starting a business is tough, especially when you leave the Forces, but their support coupled with the discipline and time management I’d learned during my time serving, made it possible.”

**Passing it forward**
Tymoor isn’t just rebuilding his own life, but is also mentor to 22-year-old apprentice Shane.

“I got chatting to Shane on a train a few years ago when he was on his way to Swansea to visit family,” explains Tymoor. “My stories of being in the Navy must have had an impact because a few years later he got back in touch to say he was moving to the area and could I give him a job! I was pleased to be in a position to take him on. I don’t just teach him how to paint and decorate but also how to manage and conduct himself, just like we were taught in the Forces.

“The Navy gave me the foundations for the business I run today. It teaches you to be part of something bigger than yourself.”

**Supporting veterans to build new futures**
The RNBT supports serving and former Royal Navy and Royal Marines personnel and their families, providing advice and financial assistance to those facing hardship or needing help to rebuild their lives.

Debbie Dollner, CEO of The RNBT, said: “Many veterans leave the service with incredible skills, but the transition into civilian life can be challenging — especially when trying to start a business or return to the workplace. We’re proud to have supported Tymoor on his journey and proud of all our beneficiaries who continue to contribute so much to their communities after service.”

For more information on The RNBT or to apply for support, visit rnbt.org.uk.

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