Brigadier Rob Thomson, Deputy Commanding General for Regional Command Southwest

'I think it has been - I described it, as a commanding officer when I left, that we'd been on the fight of our lives, and it had been exhilarating, it had been utterly challenging, it had been heart-breaking at times, when we'd lost people, but it had taken us into a level of operational experience, and the ability to do things, that we had probably had not had before. That's come at a cost, and our hearts go out, absolutely, to every single one of those families who've lost somebody, or to the soldiers who've been dreadfully wounded...So, I think on one hand it's given us a level of operational experience that is second to none. It's given us real cultural awareness of how to work in another country...It's given us the ability to work with another nation's security forces. It's taught us how to build capabilities and capacity...I think all our advisors have done some really, really important work. There is one caveat, is that we have been completely consumed by Afghanistan, and rightly so, for the past few years. What we need now to do is to come back out of that and understand where the right lessons from Afghanistan matter for our army...across so that we're not just consumed about fighting in this way, because there's only one way of fighting, and in the future we will need to fight in a range of different ways.'