



## MEN'S DEVELOPMENT PROGRAMME

*.....the powerful and pioneering course for men.*

### What is Navigator?

Navigator is a proven work and personal development programme which helps men to reach their potential whatever stage in their career. The Navigator development programme enables men to identify the clear, practical and realistic steps that they want to take in their lives and then develop the skills and determination to do something about them.

### Who is Navigator for?

Whether you are manual, clerical, technical, administrative, research or professional staff, Navigator is designed to be effective for men from all backgrounds, ages and stages of their lives.

### What results can you expect?

The results relate to the objectives each man sets himself on the first workshop. Many men use the programme to get results at work, such as new qualifications, promotions, new skills, a new attitude to change and a massive boost of energy, motivation and determination.

Others focus on results in their personal life, such as sorting out difficult relationships, improving health, dealing with stress and gaining a work/life balance.

Some men move up their career ladder after attending the Navigator development programme for men, whilst others stay in the same job but with an invigorated sense of purpose and a more positive attitude.

## About the trainer

Jon Toulson has been a licensed Navigator Trainer since 1999, running numerous Navigator programmes in both the public and private sectors. His participative style and dynamic approach to learning and development has ensured that clients keep returning for his help to achieve their business needs. Jon's varied experiences enable him to pull on a variety of scenarios that make his training 'real and transferable'

## The Programme:

**The format** is tried and tested, is grounded in reality and has an impeccable track record in an extraordinarily wide range of situations.

### **Delivered over three months, it consists of five simple ingredients:**

- A superb, especially researched and written workbook, embracing all the material for the entire programme;
- Four action-packed one-day workshops spread over three months;
- The provision of real, relevant and inspiring role models;
- The encouragement of effective networks within the group;
- Peer coaching to enable long term, sustainable progress.

### **The programme covers:**

- realistic self-assessment
- managing change and challenging expectations
- skills assessment, assertiveness and gaining recognition
- improving work/life balance and men's health
- identifying individual values and motivation, setting clear goals and making future plans
- communicating assertively and effectively and presenting a positive image
- building better relationships

Attendance at all four workshops is essential and the day will run from 9.30am to 4.30pm and will include a buffet lunch.

## Proposed Dates for the Programme

Workshop 1:	Thursday 14th January 2016
Workshop 2:	Thursday 11th February 2016
Workshop 3:	Thursday 10th March 2016
Workshop 4:	Thursday 7th April 2016

## Why men only?

Navigator is pro-men, but definitely not anti- women! Men and women approach personal development issues in different ways, so two separate programmes exist – Navigator for men and Springboard for women. Both address the person as a whole and help each individual find constructive responses to how they want to develop their lives.