

## What are the results?

Getting the best out of yourself has never been more important!

## This program delivers

- ✓ increased capacity to work with and embrace change
- ✓ drive and ambition to take on more responsibilities
- ✓ a boost of self esteem and positivity
- ✓ improved decision making and problem solving
- ✓ highly effective communication

For more information contact

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*Navigator*  
men's development  
program



What is **your** potential?

## What is *Navigator*?

**Navigator** is an international training and development program specifically designed for men seeking to reach their full potential.

**Navigator** men's development program is about gaining a greater understanding of yourself!

**Navigator** enables people to give more and get more out of their work, to identify where they are going and then develop skills, 'can do' attitude and the drive and focus to get on with it.

**Navigator** is designed to be effective for all men from all backgrounds, ages and stages of their lives from CEO to entry level.

*"From my point of view, Navigator has been brilliant."*

**Richard Jones, Suffolk Police**

## What does *Navigator* offer?

**Navigator's** approach can be applied to any avenue of your life – at work, at home or for personal development. The aim is to give men the information and skills to take control of their lives, to learn from each other and thrive in a supportive environment.



*"Navigator is one way men can develop a much needed new sense of identity at work as well as a better balance between home and work."*

**The Independent newspaper**

## What is involved?

The unique elements of the **Navigator** program are

- ✦ 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
- ✦ a superb, especially researched and written workbook, regularly up-dated and embracing all the material for the entire program

The **Navigator** program will guide and assist you in

- realistic self-assessment
- skills assessment
- identifying individual values and motivation
- setting clear goals
- communicating assertively and effectively
- putting yourself across positively
- presenting a positive image
- improving work/life balance
- building better relationships