

## **Introducing an annual 'open' Personal Development Programme for Men which will be taking place in Dunblane this autumn.**



A man's world, at work and at home, is changing; more is expected of us; new ways of working are increasingly the norm and there seems to be less time to fit everything in. The highly successful Navigator personal development programme has been designed to help men face such challenges in these changing times. The programme consists of four one day workshops (spread over three months) and is supplemented by a personal workbook and other support.



### **What does the Navigator Programme cover?**

*The programme covers areas such as:*

- **Dealing with change, examining men's roles in a changing world.**
- **Sorting out the home and work life balance.**
- **Assertiveness – thinking and feeling fitness.**
- **Improved presentation skills.**
- **Re - energising a career.**
- **Planning a goal & action strategy to develop as a whole person.**
- **Support and networking.**

### **Who is the programme aimed at?**

The Navigator programme is open to all men: white, black, able, disabled and gay men. It is particularly suitable for men in non-management roles and from a variety of organisations. This particular programme is targeting men from within reach of Central Scotland.

### **When and where?**

The four workshops will take place on: **Thursday 19<sup>th</sup> November 2009, Thursday 17<sup>th</sup> December 2009, Thursday 21<sup>st</sup> January 2010 and Thursday 18<sup>th</sup> February 2010 @ The Training Rooms – Dunblane Cathedral FK15 0AQ** (Between 9.15am and 4.30pm). The venue has good car parking, access and is only a short walk from Dunblane train station.

**A Navigator information event will taking place at the same venue on Thursday 22<sup>nd</sup> October 2009 (see separate flyer for details) between 12.00 and 2.00pm. Lunch will be provided.**

**Methods of learning will include:**

An individual action workbook supports the programme as well as regular speakers as part of a workshop, practical examples and coaching from peers in between the sessions.

**Who is the trainer?**



Navigator participants will be working with **Peter Braidwood**. Peter runs his own business, providing coaching and other development programmes for companies and individuals – helping them recognise their unique capabilities and achieve more than they thought possible. Peter is one of a small number of men trained and licensed to deliver the Navigator programme, which he has successfully done throughout the UK over the past three years. Peter lives in Dunblane with his family.

If potential participants want to talk to Peter about the programme, or to get him to meet up and discuss the benefits, please contact 0799 0647873 or email: [peter@thepeopledevelopers.co.uk](mailto:peter@thepeopledevelopers.co.uk)

**Interested?**

The cost of this particular programme is £320 per person (excluding VAT). This includes the four workshops at the Dunblane Cathedral training rooms, a Navigator workbook, full refreshments, lunch and support. There is a special rate for participants who work for charities. Please contact Peter for further details.



Enquiry Form – 0799 064 7873 or [peter@thepeopledevelopers.co.uk](mailto:peter@thepeopledevelopers.co.uk)

**I am interested in joining the 2009 / 2010 Open Navigator programme at Dunblane**

Name \_\_\_\_\_ Organisation \_\_\_\_\_

E mail \_\_\_\_\_ Telephone \_\_\_\_\_

**Peter Braidwood, 3 Hillside, Keir, Dunblane, FK15 9NT**