



Navigator Personal Development Programme for Men

Our 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 Navigator Programme has been designed to help men face such challenges in these changing times. 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 taster session and programme promotion is targeting men from the Central Scotland area.



What does a Navigator Programme cover?

The programme covers areas such as:

- **Dealing with change, examining men's roles in a changing world.**
- **Clarifying 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.**
- **Getting support and networking.**

Free Taster session - WEDNESDAY 10th SEPTEMBER 2008

An introductory and taster session will take place between 12.15pm and 1.30pm at the Iris Murdoch Centre at the University of Stirling. The introduction will carry on after 1.30pm (until 4.30pm) if men wish to stay and find out more – or if men were unable to come along to the lunch time slot. **A free lunch is provided!!**

Men, from a variety of organisations and backgrounds, are invited to come along to learn more about the Navigator programme, meet previous participants and take part in a short taster session if they wish (This will take place between 12.15pm and 1.30pm). Men will be able to ask questions about the programme and importantly, decide if it would be worthwhile attending a programme in the future if an opportunity came their way. Previous participants will also be attending to support the promotion.

Booking a place is easy – just contact **Peter** by phone, text, e mail or post.

Peter Braidwood – Licensed Navigator Trainer

3 Hillside Farm, Dunblane, FK15 9NT 01786 823246 0799 064 7873 info@thepeopledevelopers.co.uk

For more details about Navigator, visit the following website: www.springboardconsultancy.com/navigator.html