

**FREE Taster Session!**



## **Navigator Personal Development Programme for Men**

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



### **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.**

**FREE TASTER SESSION – THURSDAY 22<sup>nd</sup> OCTOBER 2009**

An introduction and taster session will take place between 12.15pm and 1.30pm at the training rooms – **Dunblane Cathedral**. (FK15 0AQ). The introduction will carry on after 1.30pm (until 3.00pm) if attendees wish to stay and find out more – or if they were unable to come along to the lunch time slot. Lunch will be provided (as long as you pre-book a place!).

Men, from a variety of organisations and backgrounds, are invited to come along and learn more about the Navigator programme, meet previous participants and take part in a short taster session if they wish. Potential participants (or company sponsors) 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. Booking a place is easy – just contact **Peter** by phone, text, email or post.

### **Peter Braidwood – Licensed Navigator Trainer**

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For more details about the Navigator programme or the Springboard programme for Women, please visit the following website: [www.springboardconsultancy.com/navigator.html](http://www.springboardconsultancy.com/navigator.html)