



Guiding to Development

Developing myself as well as my business.....

We live in uncertain times, where people sometimes feel they are doing little else than just surviving. Here is your chance to rise above the mire and develop **your** direction inside and outside work:



An action packed 4-day personal development programme for men who have places to go but wonder how to get there. So it is your chance to:

- Review your progress to date
- Re-energise your career
- Develop hidden talents
- Set practical goals and realistic action plans
- Deal better with stress and change
- Put yourself across better
- Start to make the contacts and support to make things happen
- Balance work with home life

The Trainer will be **Hugh Dennis**. He has 20 years training experience and runs frequent very successful Navigator programmes across the Country. He is currently running Navigator programmes at the London School of Economics and the British Transport Police.

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Is a programme delivered by men for men. It consists of:

- **4 workshops:** each will give you space and material to acknowledge your strengths and work out your direction;
- Your own **workbook** for your personal use. It also contains many of the exercises covered on the programme;
- **Speakers:** each will talk about their journey, the ups and the downs, and what helped keep them going;

Over 5,000 men have done 'Navigator'. Most have found that it helped **motivate** them for example Brian:

'More than anything what the programme gave me was more confidence, especially in a group setting. I'd been trying to find my feet in a new job, but now I realise others are faced with just the same problems as me.

How to get on board:

Cost is £450 per person plus VAT. This includes the workbook, the training, lunch and full refreshments during each day of the programme. Most people normally get their employers or organisation to pay. If cost is the only reason for you not signing up, please get in touch: funding or other sources of finance may be available for you to do the programme.

- (if you work for an organisation) Discuss it with your manager and/or HR person and obtain their approval
- Fill in the slip on the next page and e mail or post it to the address on the bottom
- Reserve the following dates. These are the four days of the programme:
 - Friday 12th November 2010
 - Thursday 9th December 2010
 - Friday 7th January 2011
 - Friday 4th February 2011

The venue will be the Charity Centre 3 minutes walk from Euston station in Central London. Confirmation and detailed joining instructions will be sent to you once the reply slip on the next page is received.

Need more information.....'phone Hugh Dennis on 0208 986 9040

Reply Slip



(Tear off and post, or e-mail)

Your name:

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Your phone number and e mail address:

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I would like to join the 2010 London Navigator programme

Signed:.....

Date.....

- Please tick if you are responsible for the cost. If not please give below the details of the person to whom the invoice should be sent.

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Send to Hugh Dennis 4, School Lodge, 7 Bradstock Road, London E9 5BZ
Phone: 0208 986 9040 or e mail: hughdennis@onetel.com

