



Guiding to Development

There must be more to life than this.....

We live in uncertain times, where people often feel they have time to do little else than just survive. Here is your chance to rise above the mire, develop **your** direction and start properly living.



An action packed 4-day personal development programme for men who don't want to be submerged. 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.

- (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 send it to the address on the bottom
- Reserve the following dates. These are the four days of the programme:
 - Monday 6th September 2010
 - Friday 8th October 2010
 - Friday 12th November 2010
 - Thursday 9th December 2010

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.

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

