



Guiding to Development

Expanding Your Horizons.....

Development, professional or personal is something people often talk about, but what might it mean for me? This programme, tailor-made by men for men will not just answer this question but get you going doing it: starting to achieve those goals you might have thought about but felt the time is not right to achieve them.



An action packed 4-day personal development programme for men who have places to go. 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 has run 'Navigator' programmes at the London School of Economics, Local Authorities and the NHS everywhere where there are men who want to develop themselves.



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.'

Cost is £550 per person, £450 per person if more than one place is booked for men from the same organisation. The cost includes the workbook, the training, lunch and full refreshments each day. The venue will be near Liverpool Street station in the City of London.

How to get on Board:

- (if you work for an organisation) Discuss it with your manager or HR person to obtain their approval
- Reserve the following dates. These are the four days of the programme starting in November 2018
 - Thursday 13th **December** 2018
 - Thursday 10th **January** 2019
 - Thursday 7th **February** 2019
 - Thursday 8th **March** 2019
- **Then Contact Hugh Dennis at jhughdennis@gmail.com to reserve your place.**

