



*Guiding to Development*

# Hitting the target(s).....

What does my development mean in practice?

How can I motivate myself?

How might I actually start doing those things I`ve meant to get round to but so far not managed to achieve?

If any of these questions strike a chord for you, try this.....



**It`s 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 over 30 'Navigator' programmes across the Country for example at the London

School of Economics, Redbridge Council, the Civil Service 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 £499 per person, £450 per person if more than one place is booked for men from the same organisation. This price includes the workbook, the training, lunch and full refreshments each day. The venue is 5 minutes walk from 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 'Navigator' programme starting at the beginning of Summer 2019:
  - Thursday 25<sup>th</sup> April
  - Thursday 23<sup>rd</sup> May
  - Thursday 20<sup>th</sup> June
  - Thursday 25<sup>th</sup> July
- **Then Contact Hugh Dennis at [jhughdennis@gmail.com](mailto:jhughdennis@gmail.com) to reserve your place.** Please do this soon as places are already starting to run out.

