



Developing People Transforming Lives

The Navigator development programme is for men who want to examine both their home and work life in order to identify practical and realistic steps to fulfil their potential.

It gives the time and space to address challenges of modern living, stereotypes of masculinity, the challenges facing the 21st century man as well as mental health, well-being and stress management.

Developed in response to the phenomenal success of its sister development training programme for women – Springboard, this powerful and pioneering development course, has been successful and has been delivered globally to over 9,000 participants across many different industries.

The programme aims to help men build new ways of seeing themselves and develop new ways of responding to difficult situations and the people they interact with. This will enable them to better manage the challenges they face on a day-to-day basis and to participate in the workplace in a positive and constructive way with influence and fairness.

The Key Ingredients

- 🌀 The Navigator workbook which each participant works through on his own
- 🌀 Networking
- 🌀 Self-nomination
- 🌀 The provision of role models and inspirational guest speakers
- 🌀 A flexible system of support e.g. helpers, mentors or coaching partnerships
- 🌀 4 x 1 day workshops if delivered face to face over 3 - 4 months. Remotely, the programme will be split into 8 x 3.5-hour sessions over 3-4 months
- 🌀 Works better in larger numbers and is therefore cost effective

BENEFITS

For participants:

- 🌀 Increase their self-awareness/self-confidence, motivation, and performance.
- 🌀 Improved communication, relationship building and management.
- 🌀 Improved personal resilience and ability to cope better with work/life challenges.
- 🌀 Improve their approach to problem solving/conflict resolution.



- 🌀 Have a more positive approach.
- 🌀 Encourages effective planning and goal setting.
- 🌀 Improved networking and willingness to seek and give support to other employees.
- 🌀 Acquire better people management and leadership skills.

For your organisation:

- 🌀 Demonstrates commitment to equal opportunities and diversity management by taking positive action and improving the position of men within your organisation.
- 🌀 A cost-effective development programme that fits in with your organisation's EO/Diversity policy.
- 🌀 Provides refreshed and re-motivated workers.
- 🌀 Ensures that the organisation is profiting fully from a range of valuable skills and qualities that men bring to the workplace.
- 🌀 Helps to attract new talent, improves retention rates and absenteeism for men employees as improves morale.
- 🌀 Helps to combat the skills shortages and demographic changes predicted for the future.
- 🌀 Improved customer relations and relationships with colleagues.



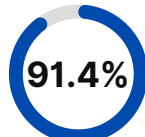
Sessions Covered in Navigator Include:-

- Who are you?
- Clarifying your values
- A man's world
- Developing a goal strategy
- Working with change
- Physical fitness and stress release
- Assertiveness practice
- Gaining recognition
- Self presentation
- Gaining support

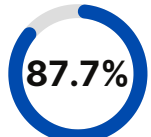
Navigator builds on the existing experience and skills of the participants.



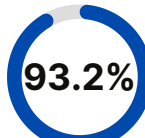
Evaluation data tells us that:



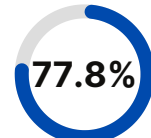
Feel more confident in their personal development



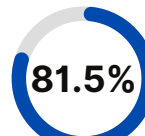
Feel more confident in their own positivity



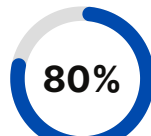
Feel more confident in understanding their own values



Feel more confident in the area of resilience



Feel more confident in professional relationships



feel more confident in their communication skills

What participants had to say after attending Navigator

"I now realise the importance of honest self- reflection and acceptance of who I am, what I do well, where my weaknesses are and not worrying in vain over things that I have no control over. I was far too wrapped up in trying to get everything perfect and expected everyone else to do likewise."

"I feel lucky that I was able to take part in the course. I would recommend the course to anyone who is thinking about undertaking the course."

"Very brilliant and inspiring sessions."

"Excellent course very useful on reflecting on where you are in your life Journey and any steps you need to be taking to improve or fulfil your future. With the changes to people's views on Mental Health, work life balance and the role of a Man in society and family life, this course has given me the opportunity to share worries and concerns and share experiences with other like-minded people. particularly in these challenging times where we are living more isolated lives this course has given me a support network to meet those challenges and stay positive and focussed."

"It has encouraged me in numerous aspects of life and work and how to achieve my goals."

"I would recommend this course for all men. Great experience and interaction to build confidence and skills for present or future."

"I would recommend this course to any man looking to build confidence and take/re-take control of his life. Martin was an inspiring course leader and generously shared many personal examples that really helped to shape my own sense of direction. I feel that I will be more confident at work and that I will now be able to move forward in my role"

"Excellent course for prompting you to take stock of things and understand where you are and where you want to be. It also equips you to take steps to make things happen rather than just hoping that they will"

"This course provides an ideal opportunity to share with others development strategies. It gave me the perfect support that enabled me to get promotion and created an environment to develop plans for future personal and professional development. I would thoroughly recommend it."



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