

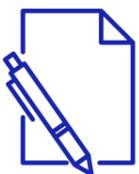


# What does Navigator deliver?

Navigator is the first UK training and development programme that encourages men to examine both their home and work life in order to identify practical and realistic steps to fulfil their own potential.

The programme helps men understand the world they are now living in and then challenges their expectations based on historical male roles. It includes setting goal strategy that works, benefitting from experienced and knowledgeable coaching and support, as well as educating attendees on taking risks and managing change. All of these skills are essential to help men progress in all aspects of their lives.

The Navigator programme is packed with ideas to assess yourself, identify where you want to go in life and then equip you with both the positive attitude and many of the skills that will get you there.



**9,000**  
Navigator trained  
men across  
the globe since  
1995

**70**  
Navigator  
trainers licensed  
to date



Contact us today for more information:  
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www.springboardconsultancy.com



## 1 For individual men

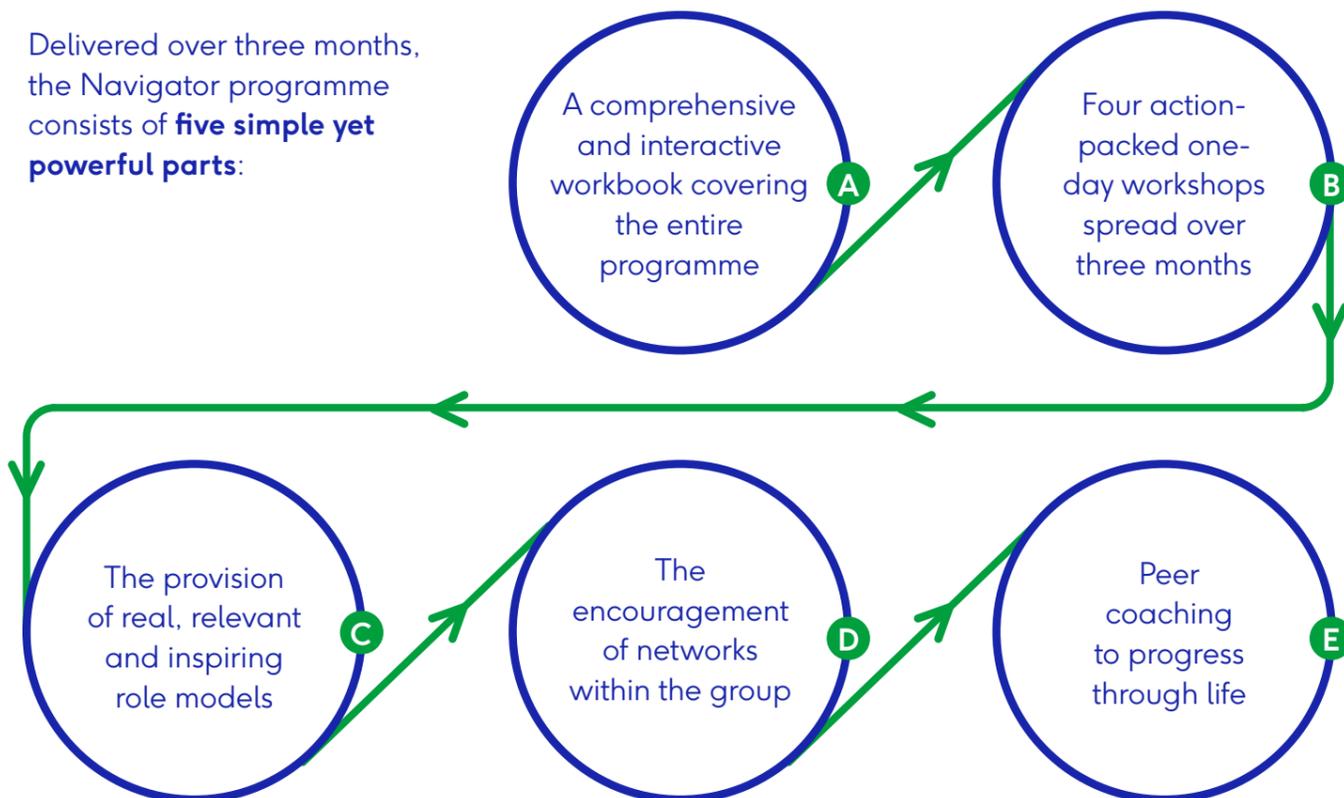
Navigator enables you to get results at work. These could be new qualifications, a promotion, new skills, a fresh insight or a massive boost of energy, motivation and determination whilst also encouraging positive working relationships. At home and within your personal life, Navigator can help with nurturing key relationships, improving health, dealing with stress and gaining a more fulfilling work/life balance that works for you.

## 2 For employers

The programme consists of four one-day sessions over a three month period and is available to all employers who want their staff to fulfill their potential. It will help employees to embrace and implement change, identify business benefits, help with collaboration and team working, accountability and taking the initiative, whilst making relevant decisions and taking appropriate risks. Most importantly Navigator develops sustainable owned change in the individual.

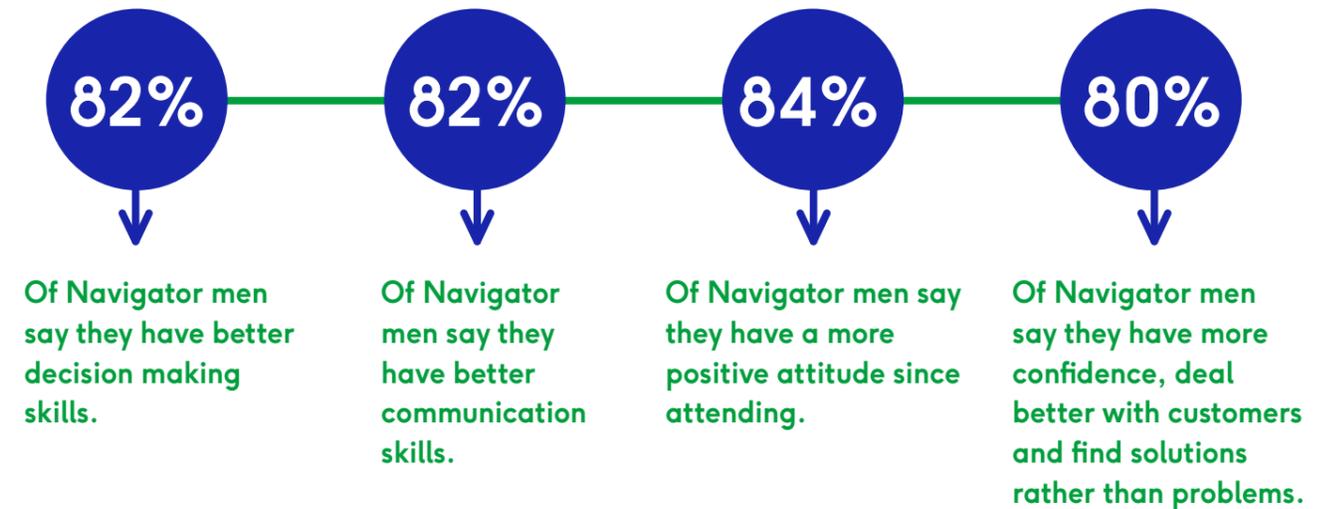
## 3 The innovative programme structure

Delivered over three months, the Navigator programme consists of **five simple yet powerful parts**:



## 4 Outcomes that make a difference

Enthusiastic evaluations of the Navigator programme provide some fantastic data. **Here is just a flavour of the results:**



## 5 Our clients

*"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!"*

Hugh Kilmister,  
City University

*"I have developed as a person, partner, colleague, future manager and father. The skills this course has given me and the belief and confidence I have developed will have a positive and beneficial effect on my life both at work and home."*

Steve Ansel,  
Dorset Fire & Rescue Service

*"The course brings confidence to people who lacked it and expands your mind to a whole new meaning both work and home."*

John Bielby,  
MITIE Managed Services

# Why the Springboard Consultancy?

The Springboard Consultancy is a world-leading international training and development consultancy.

We are passionate about delivering authentic, proven and diverse programmes to inspire and empower everyone to fulfill their potential.

Our heritage is built on the successful and powerful Springboard Women's Development programmes, and we have evolved to offer a full range of development programmes, accessible to all, irrespective of age, gender or circumstance.

These are suitable for individuals, private companies, universities, public and third sector employers who wish to empower and develop their employees.

We operate globally, and our unique network of 450 licensed trainers means we have a passionate and caring team based in over 44 countries, delivering world-class courses, with proven results.

Established in 1989 we have trained over 250,000 people across our suite of programmes, giving them the help and guidance to improve their lives and careers.



Everything we do is rooted in ensuring we deliver first-class training that inspires and empowers everyone, whatever their circumstances and wherever they are based.

The Springboard Consultancy  
Inspiring, Empowering, Delivering.



*navigator*  
work and personal development for men

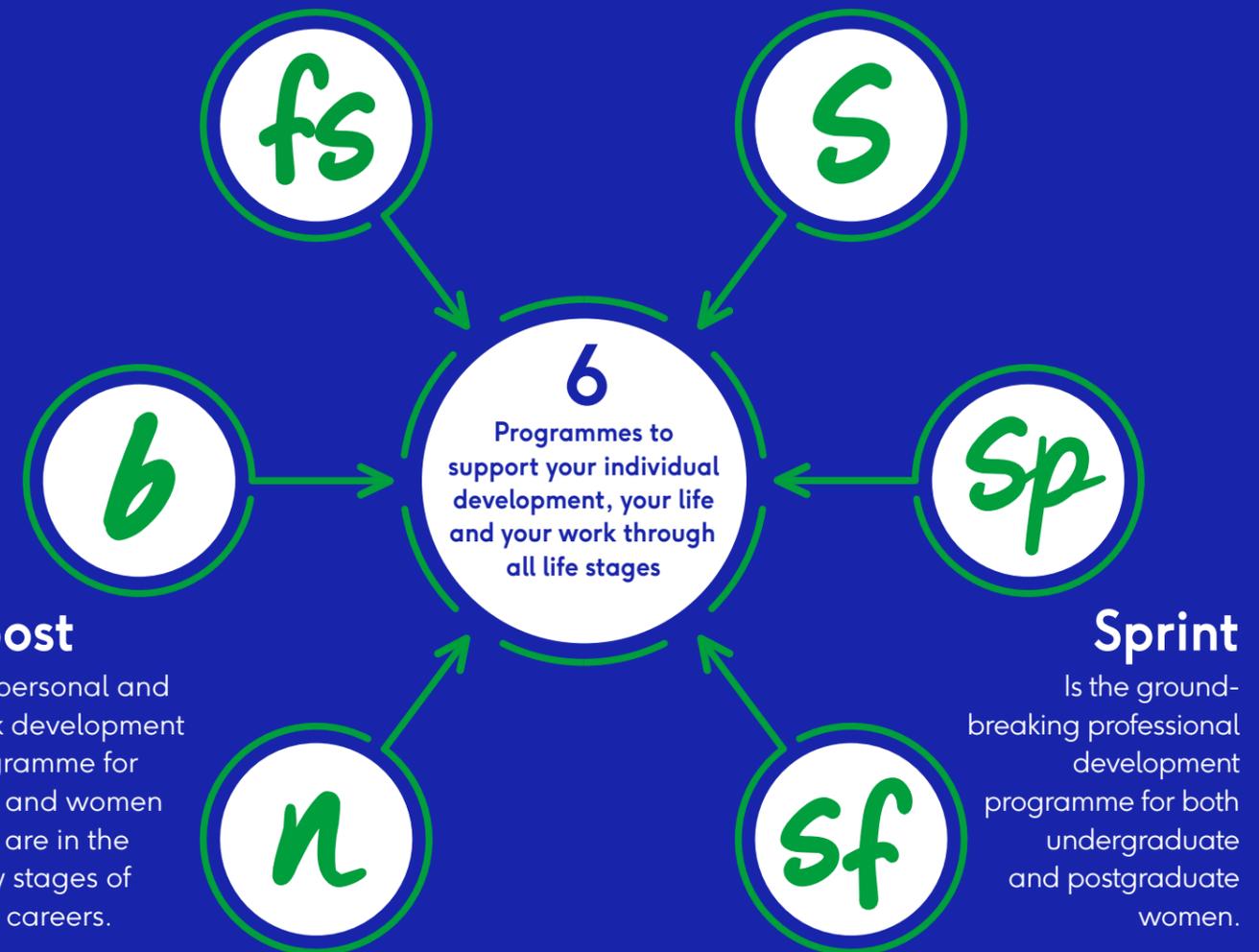
## Other programme opportunities:

### Fresh Steps

Is an innovative personal and work development programme for anyone who wants to reassess where they are in their personal and work lives. For a new age and a new stage in your life.

### Springboard

Is our award-winning course that enables women to give and also get more out of their lives and careers, building confidence, assertiveness and a positive image.



### Boost

Is a personal and work development programme for men and women who are in the early stages of their careers.

### Sprint

Is the ground-breaking professional development programme for both undergraduate and postgraduate women.

### Navigator

Is the first UK development programme for men to review their home and work lives to identify practical and realistic steps to fulfill their potential.

### Spring Forward

Is for those who are new to management and on the way up the career ladder. It helps clarify career aspirations, sets stretching, yet realistic goals, improves motivation and provides focus.



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