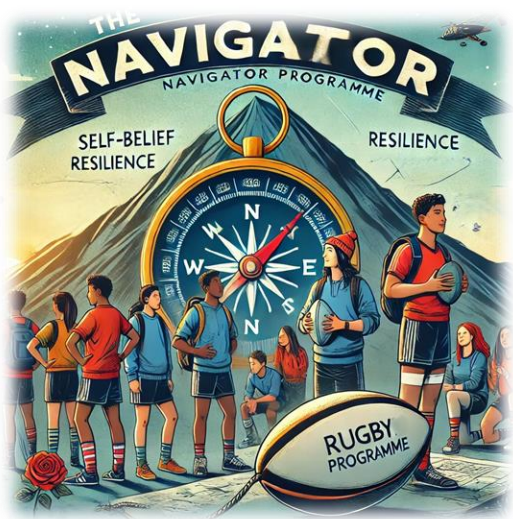




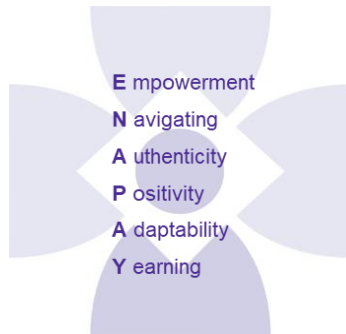
Navigator Programme

Empowering Growth, Enhancing
Teams, Achieving Impact



Navigator Programme Overview

- Either:
 - 12-session journey designed for personal and team development (2hrs / 3 weeks).
 - 6 session journey (4 hours every 6 weeks).
- Integrated frameworks: Inner Development Goals (IDGs), ENAPAY Framework, and Belbin Team Roles.
- Builds essential life skills: **Confidence, Collaboration, and Leadership.**



Programme Objectives

- **Empower Participants** – Build self-confidence, resilience, and leadership skills.
- **Enhance Team Dynamics** – Improve communication, collaboration, and cohesion.
- **Deliver Real-World Impact** – Equip participants with tools for goal achievement and future success.



Learning Outcomes for Participants

Self-Awareness and Inner Growth:

- Understand and align personal strengths, values, and goals.
- Develop a growth mindset and emotional intelligence to adapt to challenges.

Effective Team Collaboration:

- Recognize and appreciate diverse team dynamics using Belbin roles.
- Build trust, empathy, and communication skills to enhance teamwork.

Leadership and Decision-Making:

- Cultivate the ability to lead with integrity and authenticity.
- Develop critical and creative problem-solving skills under pressure.

Resilience and Adaptability:

- Learn strategies to overcome setbacks and thrive in dynamic situations.
- Embrace change and demonstrate flexibility in personal and team contexts.

Legacy and Long-Term Impact:

- Set meaningful goals and create a vision for the future.
- Reflect on contributions to team success and plan for lasting impact.



Programme Structure

12 sessions, every 3 weeks, 120 minutes each OR 6 sessions every 6 weeks, 240 minutes

Focused on IDG dimensions: **Being, Thinking, Relating, Collaborating, Acting.**



Key sessions include:

- **Self-Belief Island** – Building inner confidence.
- **Resilience Reef** – Navigating challenges.
- **Connection Compass** – Strengthening collaboration.
- **Vision Peak** – Goal setting and achievement.
- **Legacy Lagoon** – Creating lasting impact.

Benefits for Stakeholders

Participants:

- Increased confidence and adaptability.
- Clear strategies for personal and team success.

Coaches/Leaders:

- Improved team cohesion and leadership development.
- Reduced conflicts and stronger interpersonal relationships.

Old Northamptonians:

- Tangible improvements in team results.
- Long-term cultural impact through sustained growth.



Measuring Success: Top 3 ROI Metrics

- **Participant Growth** – Confidence, resilience, and leadership readiness.
 - Measured by **pre- and post-program self-assessments**.
- **Team Dynamics** – Improved collaboration and reduced conflicts.
 - Evaluated through **peer and coach feedback**.
- **Real-World Application** – SMART goal achievement and performance improvements.
 - Measured by **sports results, academic success, and personal achievements**.



How we'll deliver impact

Launch Preparation

- Conduct baseline assessments.
- Align sessions with organizational goals.

Programme Delivery

- 6 or 12 engaging sessions with interactive activities.
- Continuous feedback from participants.

Evaluation & Reporting

- ROI report with key metrics and success stories.



Why this Programme matters

The Navigators Programme ensures measurable growth and success:

- Builds confident, resilient, and collaborative individuals.
- Strengthens team dynamics for better performance.
- Delivers lasting impact for participants and businesses.

