

Navigator for Aboriginal Men

This is a 4-day personal development program for Aboriginal men working in government. It focuses on achieving a better work/life balance and in improving their health, well-being and performance at work. Navigator provides men with positive tools to manage life issues at home and work.

This program addresses key issues for Aboriginal men and encourages them to take responsibility for their own development and provides a positive way forward for men and organisations.

This program will focus on:

- realistic self-assessment
- questioning the identities of roles we accept
- challenging expectations placed on you by yourself and others
- health and physical fitness
- emotional intelligence – recognizing and managing feelings
- clarifying values – what's really important to us
- assertiveness
- taking risks and making changes
- putting yourself across
- communicating and respecting differences
- building support networks, and
- setting a strategy that works.

Learning outcomes for this program include:

- the drive and skill to take responsibility and plan for personal and work challenges
- improved work/life balance
- increased confidence and job satisfaction
- increased communication and team work skills
- improved effectiveness at work.

DATES & TIMES:

Day 1 – Thursday 28th May 2009 , 9.00 am – 5.00 pm

Day 2 – Friday 29th May 2009, 9.00am – 5.00pm

Day 3 – Thursday 25th June 2009, 9.00am – 5.00pm

Day 4 – Friday 26th June 2009, 9.00am – 5.00pm

**** This is a 4-day workshop and participants are required to attend all days. ****

VENUE:

Adelaide Town Hall – David Spence Room, 128 King William Street, Adelaide
The workshops are fully catered.

FACILITATOR:

Phil Gouldson – Hummingbird Consultancy

COST:

\$1,050 per participant

To enrol or obtain further information please contact the Organisational Learning Framework Team, Attorney-General's Department and Department of Justice at olf@agd.sa.gov.au or phone Noel Williams on 8204 9469 (fax 8207 1834).