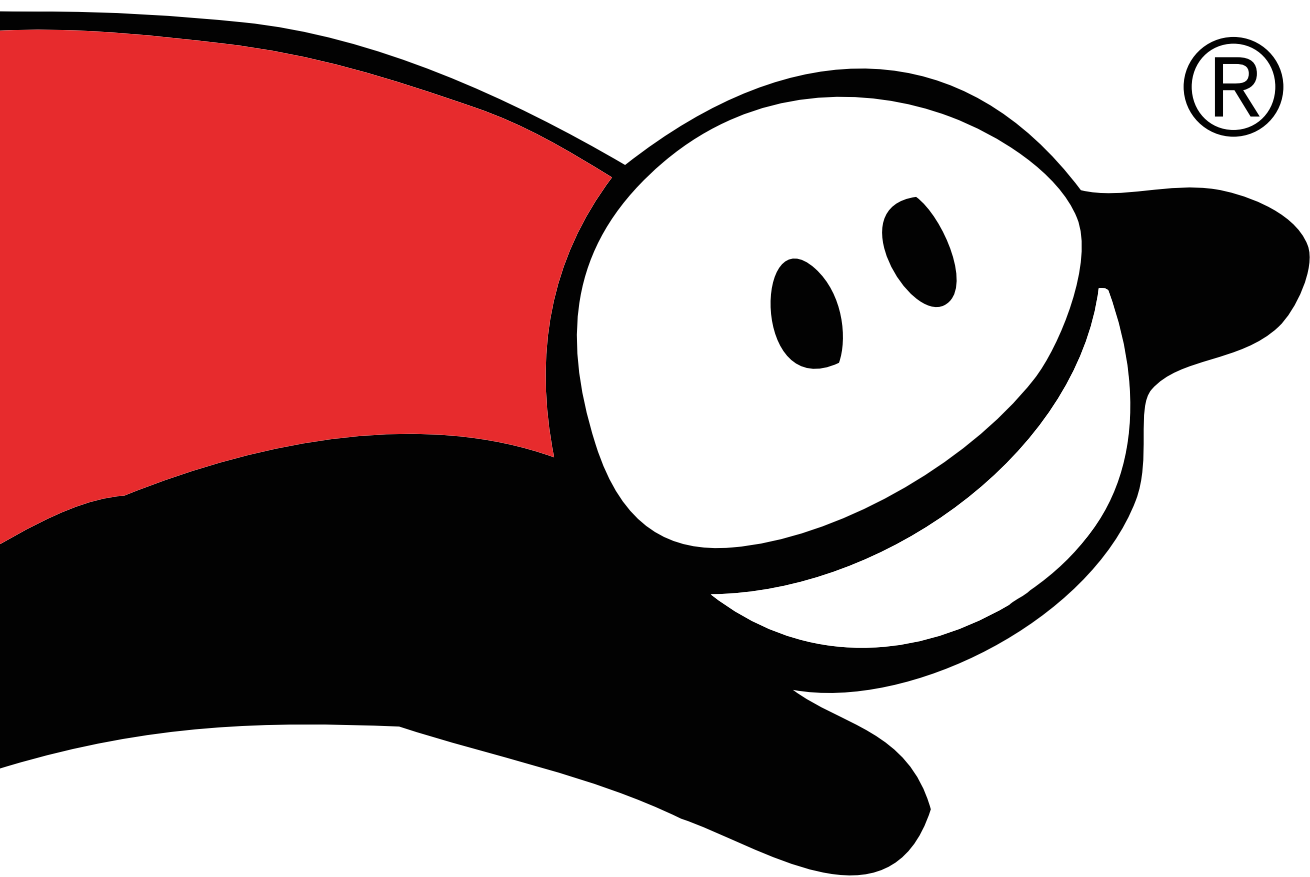
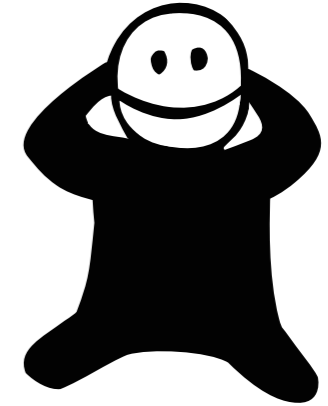
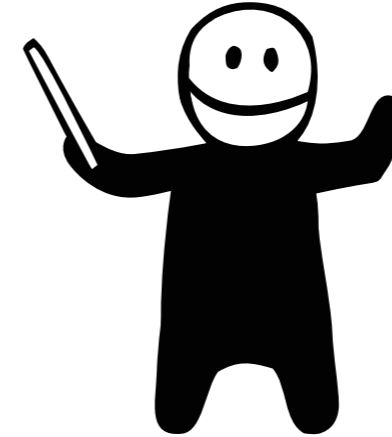
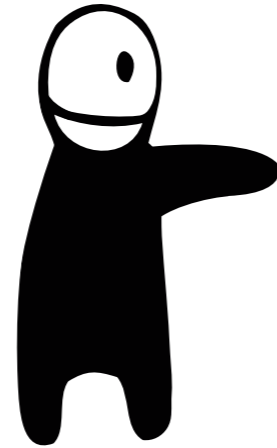
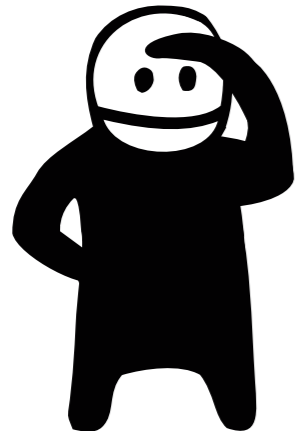


SUPER navigator academy

- invitation to orchestrate your own life!





In the modern work place we work until all tasks are accomplished – and yet they never are!

Are you hit by a tsunami of tasks? Who sets the course in your life? Learn to navigate through times of pressure.

We train Super Navigators


All change begins with ourselves, and this is why we work intensively with every single individual. Our courses take place over a 5-week period, with a three-hour seminar each week. You will work with the application of practical tools that build upon each other from week to week, obtaining the maximum benefit from your time and energy investment. To enhance your learning, we schedule a maximum of 15 participants in each class.


A Super Navigator course is organized around four roles, forming the skill set of the Super Navigator: The Time Keeper, The Pilot, The Conductor and The Space Creator.

The roles will assist you to


- Optimize your work time and private time through better planning
- Attain awareness of specific goals in your life
- Discover and use your biological rhythm to your advantage – when do you peak physically and mentally, and when are you working most efficiently?


- Choose the right environments – create supportive spaces for your activities
- Finally you will become a Super Navigator

 Lesson 1: *The Time Keeper* – maintains an overview of his own time and knows how to plan realistically. People who are in control of their time are more relaxed, creative and productive. Which tasks end up consuming the lion's share of your time? This lesson in overview may yield some useful surprises!

 Lesson 2: *The Pilot* – chooses a course for life and work. Set the course in your life before somebody else does it for you. Find a goal, a direction, guideposts, and then focus. What would you like to

achieve? Learn to prioritize and set up four key navigation points for your life journey. The pilot is conscious of the necessary choices in life, anticipates them, and files a successful flight plan. Cleared for takeoff!

 Lesson 3: *The Conductor* – lives and works in his own rhythm. We now know that each person's circadian rhythm is genetically determined. Will you discover that you are an A or a B-person? Are you most energetic at six o'clock in the morning, at eight in the evening, or at two peak times in between? The conductor exploits this personal biological rhythm to create the optimal balance between performance and restitution. You are becoming a Maestro of life's rhythms!

 Lesson 4: *The Space Creator* – chooses the right environments. It's all about choosing the right environment for the right activity – those spaces that support and facilitate the energies for the task. The Space Creator is conscious of the meanings of space. Where do you find peace? Where do you find inspiration? What environment gives you energy?

Learn to create and use Space-Power to propel your journey!

Lesson 5: *The Super Navigator* – the transformation into a person who can navigate in a hectic everyday life filled with an inferno of opportunities, demands and information. Learning to navigate and take effective responsibility for one's own work and private life requires the best navigation tools. Our applied research has shown these to be: Overview, focus, slowness and peace. Together we'll see that to live is to Super Navigate!

Double up on employee satisfaction rates

Training of Super Navigators through these unique courses has demonstrated remarkably consistent beneficial results for employees and for the company as a whole. Super Navigators contribute directly to better productivity and higher employee satisfaction rates, and as a consequence there is a decrease in employee turnover, in stress and in sick leave – all factors that reduce costs. These are great assets in the battle to attract and retain the best talents.

