

# LIFE NAVIGATION CONCEPT

15 hours of training course

## Session 1

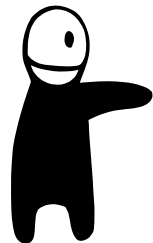
*The Timekeeper* – control of your time. Get an overview of your time. Create a time registration of the week's 168 hours. On what do you spend your time? Is there anything you would like to change? People who are in control of their time are more relaxed, creative and productive.



overview

## Session 2

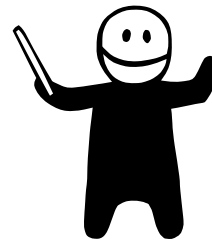
*The Pilot* – set direction in your life. Formulate 1 to 4 goals. Set direction in life before other people do it for you. People with written goals achieve more. Long-term thinking can enhance the ability to make short-term decisions. Focus. Prioritise. Deselect.



focus

## Session 3

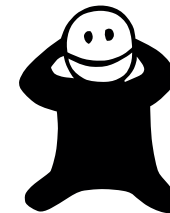
*The Conductor* – discover your biological rhythm. Your biological clock influences your health, learning and productivity. Are you an early riser (A-person) or a late riser (B-person). At what times of the day do you have the most energy?



rhythm

## Session 4

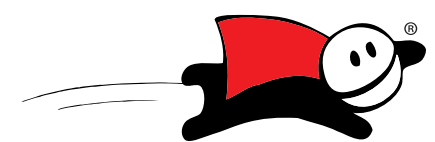
*The Space Creator* – choose the right surroundings. Take pictures of spaces that inspire you and spaces that calm you. A lot of people can't work at the workplace because of interruptions. After an interruption it will take you 20 minutes or more to get back to focusing on your task.



calmness

## Session 5

*The Super Navigator* navigates through everyday life's inferno of possibilities, demands and information. In order to enable the individual to navigate, the right navigation tools are needed: Overview, focus, rhythm and calmness.



super navigator