

THE NAVIGATOR

Find your inner compass

“One Heartbeat, One Breath, One Step.”

A personal coaching journey with a comprehensive and growing toolkit

For people navigating change, feeling stuck, or sensing that a more meaningful next chapter is possible. The Navigator offers space to see through the noise, listen to your intuition and turn a new horizon into practical steps.



Gently and without judgment

You do not need to arrive with answers or have your life neatly worked out. Coaching begins with your circumstances, your questions and what matters to you. The approach offers structure while leaving room for uncertainty, rest, choice and a pace agreed together.

Across an eight week journey, with preparation and optional integration, one-on-one coaching conversations connect reflection with everyday action. In addition to the one-on-one coaching, you are supported with all these materials: videos, guided practices and editable tools to revisit between sessions.

Limited places for coaching and retreats

Places for one-on-one coaching and retreats are limited and offered by referral and invitation. You can express interest in coaching, Hopes & Dreams Retreats or Inner Compass Men's Retreats. Begin with a free, no-obligation enrolment conversation to explore whether working together feels right for both of us.

thenavigator.oshim.com | oshim@oshim.com

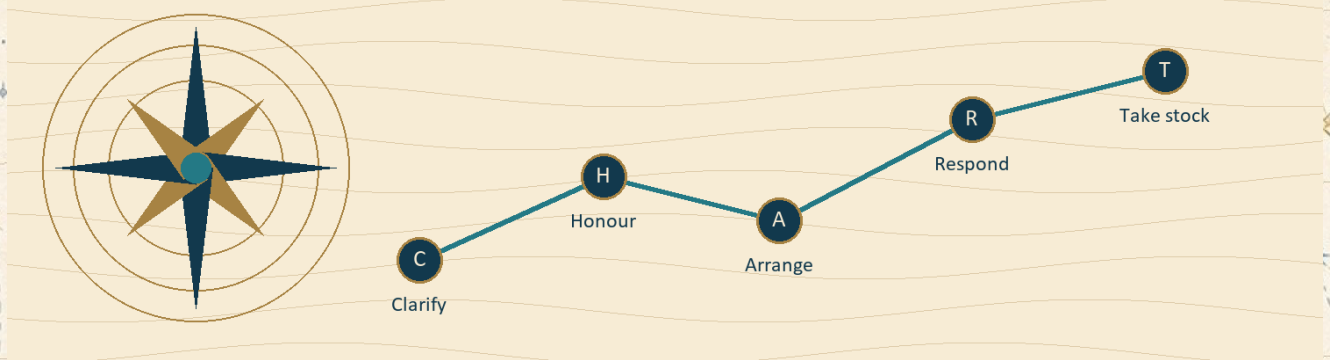
Oshim Somers | +61 431 633 375

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The Navigator approach

Finding clarity within complexity

The CHART framework gives your journey five practical bearings. Return to any bearing as your circumstances change; you do not have to move in a straight line.



C Clarify your horizon

Explore what brought you here and what a purposeful, meaningful future could look and feel like. You can begin with images, senses, feelings or a few words; a perfect goal statement is not required.

H Honour your inner compass

Reconnect with intuition, values, needs and current capacity. Consider what sustains you, what feels out of balance and what you want to bring into your choices.

A Arrange a workable course

Give your horizon a practical shape. Explore options, resources, support and competing priorities, then choose a manageable next step that fits the life you are living.

R Respond with small actions

Try what you have chosen. Use a simple cue or reminder if helpful. Notice what happens with curiosity rather than turning a missed step into a judgment about yourself.

T Take stock and adjust

Reflect, review, learn and repeat what is useful. Adjust the action or the conditions around it. Rest, another perspective or a different direction can also be a thoughtful next step.

My Compass makes reflection visible

Choose optional 1–10 ratings across areas of your life and add a note if you wish. Your compass rose keeps a dated baseline and later reflections, so you can notice patterns over time. It is a personal reflection tool, not a test, diagnosis or measure of your worth.

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A growing library of support

In addition to your one-on-one coaching

In addition to the one-on-one coaching, you are supported with all these materials. The toolkit and resource library continue to grow. Your coach introduces materials according to your needs and readiness. You can see the wider journey while exploring the steps released to you; you do not need to complete every resource.

9	25	44
core reflection tools	guided meditation and reflection videos	programme instructional and learning videos

Nine core reflection tools

- Your Starting Compass — explore your starting point and dated ratings.
- My Navigator Log — notice patterns and record learning between sessions.
- My Personal Journal — reflect privately in your own words.
- My Navigator Map — connect your direction with manageable actions.
- Values and Qualities — explore what matters and how you want to show up.
- Parallel Values and Needs — consider needs and priorities behind a pattern.
- Balancing What Matters — give competing priorities thoughtful attention.
- Future Self Exploration — imagine possibilities through senses and everyday life.
- Taking Stock — recognise learning and choose your next bearing.

Twenty five guided meditation and reflection videos

Explore natural breathing, self-compassion, appreciation, gentle awareness, Body Scanner Meditation, a quiet harbour before rest, Listening Walk Meditation and Naming Thoughts Meditation. Choose, adapt, pause or stop whenever you wish.

Forty four programme and learning videos

13 stage overviews follow the journey from preparation to optional integration. 24 weekly activity and tool guides help you revisit the work. Four My Compass guides explain your bearings and dated reflections. Three research explainers explore change, small steps and mindfulness, including the limits of the evidence.

Your private client portal

Return to released videos, documents, worksheets, appointments and Compass reflections in one place. The materials support personal coaching; they do not replace the conversation or your own judgment.

Counts checked 16 October 2026. These describe the current programme library; availability is tailored. Coach-only materials, help videos and optional navigation supplements are excluded. New resources may be added over time.

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The journey behind The Navigator

Oshim Somers | Early bearings



Early curiosity at the shore | Early diving in South Australia

Curiosity beneath the surface

Oshim's relationship with the ocean began in childhood in apartheid South Africa, where access to beaches and opportunities to learn to swim were restricted. At Tinley Manor, goggles from his father opened another world in the rock pools: small fish, crabs and the life beneath the surface. Curiosity offered a beginning, even before he could imagine where it would lead.

His family moved to Australia in 1972 and settled in Port Pirie. Later, studying in Adelaide, he joined the university dive club and learned to dive. He helped the club obtain equipment and a boat, and took a Super-8 camera underwater so he could share the experience with his parents.

People creativity and practical possibilities

Across business transformation, technology, programme delivery and commercial work, he returned to listening, building trust and seeing patterns. A plan became useful when people could connect it to their own lives. A system became valuable when it helped them participate.

Photography, filmmaking, travel, music and writing offered other ways to observe and connect. His father, a teacher and artist who filmed family life and migration, helped shape that creative thread. Family responsibilities later took diving into the background; a return in 2017 reconnected him with a part of life that continued to sustain him.

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Finding his compass again

Burnout Parkinson's and space to reflect



After DBS surgery | Photography and creative life after DBS

Reconnecting with what sustained him

Professional burnout became a turning point. Oshim recognised that he had drifted from his inner compass and lost touch with what sustained him. Stepping back, resting and reflecting helped him find focus, reconnect with what mattered and begin navigating towards new horizons.

In his experience, extreme stress and burnout intensified his Parkinson's symptoms. Those symptoms have been managed medically, including through deep brain stimulation, or DBS. He describes that treatment as giving him further space to listen and adapt while continuing to live with Parkinson's.

A pattern that became clearer over time

Lessons from the deep blue returned: attend to the breath, respect the conditions, trust companions and take the step that is possible. He began listening to intuition again and noticing which responses helped. Some patterns supported him; others needed to change.

A gentler rhythm emerged: notice, take a small step, reflect, review and adjust. This lived pattern helped bring the Navigator CHART framework together. It offered a way to look towards new pathways and horizons without pretending that every day, or every condition, could be controlled.

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His experience informs the spirit of the coaching. It is not a treatment claim or a prescription for another person's recovery. Each person brings different circumstances, choices and sources of support.

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New horizons and a personal invitation

The deep blue travel and continuing curiosity



Victoria Falls and its rainbow | Rongbuk monastery with Everest beyond

A life larger than a diagnosis

The ocean holds a particular place in Oshim's life. He calls it the blue cathedral: a world of light, movement and immense space that asks for respect and attention. Returning after periods of chest illness and injury gave him another perspective on what a difficult present can say about the future.

His film *Limitlessness in the Aquasphere*, filmed in the Philippines, began as a way to tell family and friends how he felt about living with Parkinson's. Dive guides and boat crew became part of the journey. The film offered room for the diagnosis and the adventurous, creative person living alongside it.

Writing while the map is still unfolding

His developing works, including *The Navigator's Journey* and *Limitless*, explore identity, change and possibility. Travel, family, friendship and creativity continue to shape the questions he asks. These are continuing writings, not a claim to completed published books.

Space for your own journey

Having found this space, Oshim wants to help others reflect in their own way, reconnect with intuition and choose a meaningful horizon. The Navigator brings personal conversation together with practical tools and a growing resource library. Your direction remains yours.

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Based on Oshim's approved profile and personal writings. Early diving history draws on Steve Jones, "Limitless by Name", Dive Log Australasia, December 2023. Coaching does not replace medical or mental health care.

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