



Springboard Development Programme for Women

Springboard is an award winning career and personal development course for women who want to take control of their lives and achieve their full potential. It consists of four one-day workshops over 4 months where you will:

- Learn to take control of your life
- Increase your self-confidence and assertiveness skills
- Enable you to make change happen and take the initiative
- Improve your work-life balance
- Develop your communication skills

Who is Springboard for?

Springboard is for ALL women at non-management or junior management levels, of any age and from any background

More about *Springboard*

Springboard is for all women at any stage in life and from all backgrounds. You don't need any qualification. You need only the interest and desire to change and develop yourself and the willingness to spend time working on this in the workshops and at home. We can give information and skills to take control and the self confidence to take action!

We simply believe that women have a lot to learn from each other and can thrive in a supportive environment.

Then springboard is for you! What does it involve?

- 4 one-day workshops which are exciting, practical, participative and fun
- A follow up day
- A thought provoking, lively and practical workbook
- Networking with other women
- Role models

- A support network of helpers

Springboard topics include

- Assertiveness
- Confidence building and Networking
- Setting goals
- Managing your image
- CVs and interviews
- More energy, less anxiety
- Balancing home and work

Reviews of the Springboard Programme

“I wish I’d done it 10 years ago – every woman should go on this programme”

“The best course I have ever attended”

For more information or to book your place contact:

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