



ARE YOU READY FOR A POSITIVE LIFE CHANGING EXPERIENCE?

SPRINGBOARD WOMEN'S DEVELOPMENT PROGRAMME



What is the Springboard Programme?

The Springboard Women's Development Programme is a successful, award-winning development course for women.

The Programme enables women to take more control over their own lives by identifying the clear, practical and realistic steps that they want to take and developing the skills and confidence to take them.

Originally written for the BBC in 1988, the programme has now been successfully run in over 360 private and public sector organisations. The programme is often described as being the UK's leading women's personal development course.

Who is it for?

It is designed for any woman at any stage in her life.

What results can I expect?

Many other women who have completed the programme are better able to:

- Deal with stress
- Come up with solutions to their problems
- Develop the self confidence needed to make things happen
- Manage change productively
- Assert themselves more confidently when communicating with other people
- Balance work and home life
- Set personal and professional goals and identify practical steps to achieve them
- Present a positive image

Many women use the programme to get results at work, such as new qualifications, promotions, new skills, a new attitude to change and a massive boost in confidence. Others focus on results in their personal life, such as sorting out difficult relationships, improving health, dealing with stress and gaining a work/life balance.

TO DISCUSS THE PROGRAMME IN MORE DETAIL CONTACT
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How does the Programme work?

There are 5 key ingredients to the structure of the Programme:

1. Workshops

There are four one day action-packed workshops spread over a 3 month period. You have to attend all four workshops. Up to 30 women can be trained on each programme. A typical workshop will include:

- Sharing ideas and experiences through group activities
- Opportunities to practice new skills and receive feedback
- Presentations by guest speakers
- Time to network
- Fun for all participants

2. Workbook

You will each receive your own superb and best selling workbook, which you will work through between the workshops. The workbook is a fundamental part of your learning.

3. Guest Speakers

Each workshop has a guest speaker who tells their own story to inspire and motivate you to set your own goals and put in place action plans to achieve them.

4. Support Network

You will create coaching partnerships/support groups to help each other.

5. Networking

Discovering skills, sharing experience, building and growing contacts opens up whole new possibilities for career and personal development, and it is fun too.

What does the Programme cover?

- Knowing yourself
- Confidence building
- Promoting a positive image
- Identifying your values
- Setting goals
- Assertiveness
- Networking
- Changing what you want to change
- Making things happen
- Interview skills

How do I know that the programme works?

84% of Springboard participants say they are 'more open to change'.

83% say they have 'a more positive attitude'.

80% say they have 'increased confidence/self esteem'.

79% say they are 'better at managing change'.

78% have 'taken on more responsibility'

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