The Springboard Women’s Development Programme enables women to both give and receive more out of their lives and careers. We have been delivering Springboard Programmes for 27 years in more than 44 countries across the globe, the programme results speak for themselves. Staff and employers alike affirm to the programme’s success. Individuals speak of a new sense of purpose, an open approach to change and a more positive attitude. Employers report being delighted with the changes to their staff, which show a more focused and positive outlook, offering solutions rather than problems and increased motivation. It has helped with periods of change and made a vast contribution to Diversity objectives.

What does Springboard deliver?

The innovative programme structure

Outcomes that make a difference

Our clients

For employers

For individuals

230,000 Springboard trained women across the globe since 1989

1,200 Springboard trainers licensed to date

Contact us today for more information:
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The Springboard Consultancy
The Springboard Women’s Development programme is designed for women from all backgrounds, ages and stages of their lives. It allows women to enhance their own skills and abilities, challenge power and equality, while building confidence, assertiveness and a positive image. Whether you want to further develop your career, improve your life skills or set practical, yet stretching goals, this course will provide the tools to inspire and empower you to change your life.

For individuals
The programme can be used by employers as part of a solution to address issues of diversity and inclusion in the workplace. It also develops talent for the future helping employers to build pipelines of diverse talent and address issues of the Gender Pay Gap.

For employers

4 Outcomes that make a difference
Enthusiastic evaluations of the Springboard programme provide some fantastic data. Here is just a flavour of the results:

84% Of Springboard women say they are ‘more open to change’ since attending the Springboard Women’s Development Programme
83% Of Springboard women say they have ‘a more positive attitude’
80% Of Springboard women say they have ‘increased confidence/self-esteem’
79% Of Springboard women say they are ‘better at managing change’ and have ‘taken on more responsibility’

3 The innovative programme structure
Four one day sessions delivered over a duration of three months, it consists of five simple yet powerful ingredients:

A Our best-selling workbook, regularly up-dated and embracing all the material for the entire programme
B Four action-packed one-day workshops spread over three months
C The provision of real, relevant and inspiring role models
D The encouragement of effective networks within the group
E A local support system to enable sustainable progress

5 Our clients
“Springboard is tried and tested in the police context, has an impact on women in the police and delivers results. It is a key component in achieving the Gender Agenda. I have no hesitation in recommending it throughout the police service.”
Julie Spence
Former Chief Constable, Cambridgeshire Constabulary, UK

“The Springboard programme empowers an individual to change themselves. It motivates women to do something about the problems they face by changing themselves and how they relate. Made me believe that the power is within the Middle East and not in others.”
Suzan Zawari
Lecturer, Saudi Arabia

“Springboard Consultancy”

The Springboard Consultancy

"Inspiring and confidence building. I’ve learnt to believe in myself for the first time in my life."
Jan James,
Data Entry, Gwent Police, UK

80%
79%
83%
84%
Why the Springboard Consultancy?

The Springboard Consultancy is a world-leading international training and development consultancy.

We are passionate about delivering authentic, proven and diverse programmes to inspire and empower everyone to fulfill their potential.

Our heritage is built on the successful and powerful Springboard Women’s Development programmes, and we have evolved to offer a full range of fully researched development programmes, accessible to all, irrespective of age, gender or circumstance.

These are suitable for individuals, private companies, universities, public and third sector employers who wish to empower and develop their employees.

We operate globally, and our unique network of 450 licensed trainers means we have a passionate and caring team based in over 44 countries, delivering world-class courses, with proven results.

Established in 1989 we have trained over 250,000 people across our suite of programmes, giving them the help and guidance to improve their lives and careers.

Everything we do is rooted in ensuring we deliver first-class training that inspires and empowers everyone, whatever their circumstances and wherever they are based.

Why the Springboard Consultancy?

Established in 1989

The Springboard Consultancy

Inspiring, Empowering, Delivering.

Other programme opportunities:

**Fresh Steps**
Is an innovative personal and work development programme for anyone who wants to reassess where they are in their personal and work lives. For a new age and a new stage in your life.

**Springboard**
Is our award-winning course that enables women to give and also get more out of their lives and careers. Building confidence, assertiveness and a positive image.

**Boost**
Is a personal and work development programme for men and women who are in the early stages of their careers.

**Sprint**
Is the ground-breaking professional development programme for both undergraduate and postgraduate women.

**Navigator**
Is the first UK development programme for men to review their home and work lives to identify practical and realistic steps to fulfill their potential.

**Spring Forward**
Is for those who are new to management and on the way up the career ladder. It helps clarify career aspirations, sets stretching, yet realistic goals, improves motivation and provides focus.
Springboard is delivered exclusively by us, and through our dedicated network of worldwide trainers.

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