



# SPRINGBOARD

## FOR WOMEN ON THE WAY UP

EMPOWER, TRANSFORM, ADVANCE

### LONDON 2020

### SPRINGBOARD WOMEN'S DEVELOPMENT PROGRAMME 29TH APRIL, 20TH MAY, 17TH JUNE & 8TH JULY 2020 VENUE - CENTRAL LONDON

A 4 day, action-packed, Springboard Women's development programme is designed for women from all backgrounds, ages and stages of their personal and professional lives. It enables women to enhance their own skills and abilities, challenge power and equality, while building self confidence, assertiveness and a positive self image

#### **What does the programme cover?**

Career development | Building confidence | Realistic self-assessment |  
Identifying priorities | Goal setting | Improved communication skills |  
Presenting positive self-image | Building better relationships |  
Assertiveness skills | Managing change | Stress management |  
Developing networks



## What's included?

- Four action packed one day workshops spread over 4 months( includes all refreshments/lunch)
- Springboard workbook embracing all material for the entire programme
- The encouragement of effective networks within a group
- Support system to enable sustainable progress

## Small Steps Lead to BIG transformations for employees

A fulfilling, balanced and successful working life leads to more positive personal life



Happy personal life leads to improved performance at work

For employers, the Springboard programme can be used 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, and managing work life balance

## £795 + VAT

Booking your place is simple - click the link below to book online. Credit card payments accepted

**CLICK HERE TO BOOK TODAY**

For all queries please email [info@springboardconsultancy.com](mailto:info@springboardconsultancy.com)

[www.springboardconsultancy.com](http://www.springboardconsultancy.com)

