

*Are you making the most of your life and career?
Want to change something but not sure what?
Would you like to increase your confidence, be more assertive, set and
achieve goals, improve your communication skills and work life balance?*

The Springboard Women's Development Programme.

What is it?

The Springboard Women's Development Programme is run successfully across the world by organisations that are serious about supporting and developing their female employees. It 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 confidence and skills to take them.

Who is it for?

It's designed for women from all backgrounds, ages and stages of their lives.

What does it consist of?

Delivered over three months, the programme has four key elements:

- ☆ A practical workbook full of exercises, ideas and encouragement
- ☆ Four action-packed, one-day workshops spread over three months
- ☆ Positive, relevant and inspiring female guest speakers who share their stories and what they have learned
- ☆ Networking with other women, opening channels of communication and setting up future success

What does it cover?

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|------------------------------|------------------------------|
| ☆ Knowing yourself | ☆ Assertiveness |
| ☆ Confidence building | ☆ Networking |
| ☆ Promoting a positive image | ☆ Making change work for you |
| ☆ Identifying your values | ☆ Making things happen |
| ☆ Setting goals | ☆ Communicating positively |

What results can I expect?

Of the participants on the Springboard Programme run by Vine HR in 2017:

- ☆ 96% said they feel more optimistic and positive
- ☆ 91% said they have improved their communication skills
- ☆ 87% said they feel more confident at work
- ☆ 91% said they feel more able to voice their opinions
- ☆ 87% said they have clear work goals
- ☆ 91% said they have clear personal goals
- ☆ 87% said they are managing change better
- ☆ 87% said they had improved their effectiveness at work
- ☆ 91% said they have more control over their future
- ☆ 100% said Springboard will enable them to make the best of themselves

Your trainer:

The programme will be facilitated by Rebecca Winn, a licensed Springboard trainer. Rebecca is an experienced workshop facilitator and postgraduate qualified coach.



Workshop dates:

Participants must attend all four workshops.

Tuesday 13 November (Braintree DC)

Wednesday 12 December (Discovery Centre Great Notley)

Wednesday 16 January (Cressing Temple)

Wednesday 13 February (Braintree DC)

Prices:

Member: £265

Non-member: £310

For more details and an application form go to www.vinehr.co.uk