

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
- ☆ Networking with other women, opening channels of communication and setting up future success

What does it cover?

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



What results can I expect?

Of the participants on the Springboard Programme run by Vine HR in 2018:

- ☆ 91% said they feel more optimistic and positive
- ☆ 91% said they have improved their communication skills
- ☆ 100% said they feel better able to voice their opinions
- ☆ 91% said they feel more confident at work
- ☆ 100% said they feel better able to voice their opinions
- ☆ 90% said they have clear work goals
- ☆ 86% said they have clear personal goals
- ☆ 86% said they are managing change better
- ☆ 90% said they had improved their effectiveness at work
- ☆ 100% said they have more control over their future
- ☆ 95% 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 professional coach.



Workshop dates:

Participants must attend all four workshops.

Tuesday 12 November (Braintree District Council)

Tuesday 10 December (Chelmsford Civic Centre)

Wednesday 22 January (Chelmsford Civic Centre)

Thursday 20 February (Braintree District Council)

Prices:

Member: £265

Non-member: £310

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