



# springboard

work and  
personal  
development  
for women


***Explore your potential.***

Springboard has inspired and supported thousands of women across the world to take more control of their lives. It's THE development programme for women of all backgrounds, ages and stages of their lives and careers.  
**COME AND JOIN US THIS WINTER!**

## What we'll cover...

Knowing yourself  
Knowing your values  
Thoughts & responses  
Understanding your strengths  
Promoting a positive image

Making change work for you  
Assertiveness  
Confidence  
Networking  
Making things happen



Join women across Essex LIVE  
ONLINE, from wherever you're  
working.

# What's the format?

Springboard is a combination of self-study, interactive online workshops, and supportive group work. You'll get...

- ☆ A practical workbook full of exercises and ideas
- ☆ Eight half-day workshops spread over three months
- ☆ Four relevant and inspiring female guest speakers



## Your trainer:

The programme is facilitated by **Rebecca Winn**, a licensed Springboard trainer, experienced workshop facilitator and professional coach.

*"I can't recommend the course enough... an empowering experience and I've enjoyed every moment."*

## Workshop dates:

Participants attend all eight workshops.  
All workshops will be 9.30—12.30 via Zoom.

**Tuesday 17 November | Wednesday 18 November**  
**Tuesday 15 December | Thursday 17 December**  
**Tuesday 12 January | Thursday 14 January**  
**Tuesday 16 February | Thursday 18 February**

For more details, prices and an application form go to  
**[www.vinehr.co.uk](http://www.vinehr.co.uk)**

