



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 SPRING!

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 27 April | Wednesday 28 April
Tuesday 25 May | Wednesday 26 May
Tuesday 22 June | Wednesday 23 June
Tuesday 20 July | Wednesday 21 July

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

