



**Know yourself better.
Find your direction.
Take control.**

Thousands of women worldwide already have.

Springboard is THE personal development programme for women of all backgrounds, ages and stages of their lives and careers.

JOIN US! SPRING 2024

What we'll cover...

*~ knowing yourself & your values ~ choosing your response ~
work with your strengths ~ your positive image ~ assertiveness ~
~ resilience & resourcefulness ~ plan what comes next ~*



Explore your potential.

**Four one-day
workshops**

What's the format?

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

- ☆ One practical workbook full of exercises and ideas
- ☆ Four interactive workshops spread over three months
- ☆ Four relevant and inspiring female guest speakers
- ☆ Like-minded women who will share the journey

Your Facilitator...

... is **Rebecca Winn**, a licensed Springboard frainer, experienced facilitator and professional coach.

*"...an immediate impact on my working and personal life (and) lessons I will pass on to my daughters."
2023 participant*

Workshop dates

You attend all four workshops

Venue: Braintree DC | Time: 9.30—16.30 | Lunch is provided

Wednesday 13 March | Wednesday 17 April

Wednesday 15 May | Wednesday 12 June

For more details, prices and an application form go to

www.vinehr.co.uk

