

MAKE 2012 YOUR DEFINING YEAR

WHERE?

233 Shaftsbury Avenue
London WC2H 8EE
Nearest tube station:
Tottenham Court Road

WHEN?

Thursday 29 March
Monday 23 April
Tuesday 22 May
Monday 11 June*
9.30 – 4.30

COST

£420 (+VAT)

For all four workshops,
your personal
workbook, lunch and
refreshments plus all
the other great things
Springboard can
deliver!



Springboard is the highly acclaimed personal development programme for women. Designed by women for women, Springboard suits all ages, backgrounds and lifestyles. Springboard is for you if you want to:

- Invest in yourself
- Take more control over your life
- Build on your strengths and develop new skills
- Promote a positive image and make a great impression
- Improve your work-life balance
- Build a support network
- Increase your self-confidence and become more assertive
- Advance your career or decide what to do next
- Set some achievable, practical, realistic goals to start making positive changes

The programme runs over three months and includes:

- Four fun-filled, interactive full-day workshops
- A fabulous workbook which is yours to keep
- Brilliant guest speakers – inspiring women who come to share their stories
- Lovely lunches and refreshments
- Lots of laughter, new friendships and peer support

"Springboard gave me the confidence and tools to make the changes in my life I'd wanted to make but not known how."

***YOU PARTICIPATE IN ALL FOUR WORKSHOPS
RATHER FIND OUT MORE BEFORE COMMITTING? WE
ARE RUNNING TWO **FREE HALF-DAY TASTER EVENTS,ON 23 FEBRUARY AND 08 MARCH (10.00 - 12.30).
GET IN TOUCH FOR FURTHER DETAILS****

HOW TO BOOK?

Booking is essential. To reserve your place, please contact

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