



Springboard

Women's Development Programme **Be who you want to be!**

An open programme in Edinburgh with four workshops on
Tuesdays 2nd March, 23rd March, 13th April and 4th May 2010

- Springboard is the award winning 3 month career and personal development programme specifically created to enable women to have greater influence in their own lives and achieve their full potential.
- It will enable you to work through the important issues in your life and encourage you to take control and take action to make the changes you want to make to be who you want to be.
- Springboard is tried and tested. Many women who have used it report exciting changes in their lives, including being taken seriously, sorting out difficult relationships, substantial promotions, speaking out and generally feeling more confident.
- Attending Springboard will put you in charge of your life and help you to create your own 'luck!' You will learn how to.....
- Take stock of your strengths and achievements and build upon them
- Identify your weaknesses and turn them into strengths
- Develop the self-confidence to make things happen
- Springboard also gives practice in valuable life skills such as assertiveness, active listening, handling stress and balancing home and work.
- The Springboard programme runs over three months. During that time, you'll attend four workshops on:

Springboard Workshop 1	Tuesday 2nd March 2010
Springboard Workshop 2	Tuesday 23rd March 2010
Springboard Workshop 3	Tuesday 13th April 2010
Springboard Workshop 4	Tuesday 4th May 2010

- The Workshops will be led by Gillian Neish, one of the first licensed Springboard trainers with a wealth of experience running programmes for women in a variety of organisations in the private, public and voluntary sectors, as well as open programmes.

- Each workshop is filled with practical sessions to boost your morale and build your self confidence, as well as a guest speaker - a woman like you whose experiences and achievements will encourage and inspire you.
- To reinforce and extend what you learn during these Workshops you will need to put in about three hours private study each week, with the help of the three hundred page Springboard Development Workbook. Much more than just a textbook, the Workbook is crammed with practical exercises, questionnaires, facts and ideas, all presented in a lively yet down-to-earth way. It is a key element of the Springboard Programme.

Springboard is for all women, at all stages of their lives. It's for you whether you are.....

- Working full time, part time, freelance or running your own business
- Returning to work after a break
- Facing redundancy
- Planning retirement or simply seeking a new direction

What's more, Springboard may be applied to all aspects of your life - home, work, and relationships.

This international programme has been designed by women for women. It is pro-women, but not anti-men. We simply believe that women have a lot to learn from each other and can thrive in a supportive environment.

The only requirement for participation is the willingness to commit some of your time - four Workshop days and about three hours each week throughout the course - and energy to looking at your life.

Complete the registration form below to be sure of your place on this award-winning Springboard Programme.

SPRINGBOARD PROGRAMME - BOOKING FORM

Please book me a place on this award winning Springboard Programme being held on 2nd March, 23rd March, 13th April and 4th May 2010 at 28 York Place, Edinburgh EH1 3EP
The Programme fee is £564.00 (£480.00 plus £84.00 VAT @ 17.5%). This includes participation in all four workshops, light refreshments on workshop days plus a copy of the Springboard Workbook.

To book please return this form to:

Neish Training P.O. BOX 428 Glasgow G12 9NE or Fax to: 0141 579 4809

First Name _____ Surname _____

Address _____

Postcode _____

Organisation _____ Job title _____

Email address _____ Daytime tel no _____

Tick as applicable. Please invoice me Cheque enclosed

"Springboard is a marvellous opportunity for women – it encourages us to be all we can be."

"The Springboard Course really changed the way I see myself and my role in the world. It gave me the opportunity to face up to things in my life that needed changing and gave me the tools and ability to do this. I am a more confident, friendly and outgoing person both in my job and my social life."

"Springboard doesn't change you - it brings out the best that is already in you!"