

**Open programme  
in Newcastle starting  
March 2010**

*Springboard*

***"I've found  
confidence at work  
that I didn't know I  
possessed"***

Women's Development Programme  
**Take Control of Your Life and Fulfil Your Potential!**

**Springboard** is an award winning programme for women wanting to have greater influence in their lives and achieve their full potential both at home and at work.

**What will you get from the Springboard Programme?**

- A confident and assertive approach to your life
- More energy, less anxiety
- A positive approach to change
- Build on your strengths, turn your weaknesses into strengths
- Home / work balance

**Who is Springboard for?**

**All women** below senior management level. Regardless of your age or the stage of your life this programme can be applied to your work, home and relationships.

**What is involved?**

**Springboard** consists of 4 one-day workshops over 4 months. You will also receive a workbook full of ideas, exercises and examples. It's a down-to-earth, fun and interactive experience. Run by women, for women you will have a chance to try out new skills, discuss progress and gain support from other group members. Topics include:

**What you've got going for you**  
**Setting and achieving goals**  
**Dealing with change**  
**Making things happen**  
**Building emotional intelligence**

**Balancing home and work**  
**Assertiveness**  
**More energy, less anxiety**  
**Projecting a positive image**  
**Networking**

Don't miss this unique opportunity to learn more about how Springboard can benefit you or the women in your workforce. For more information contact Lisa at Milecastle Consultancy: Email [lisa.hammond-marty@milecastle.co.uk](mailto:lisa.hammond-marty@milecastle.co.uk) or Tel: 01635 578500

**When and Where?**

The next open Springboard Course for women from a variety of organisations will take place at **The CastleGate, Newcastle**: Tuesday 11<sup>th</sup> March, Monday 12<sup>th</sup> April, Tuesday 18<sup>th</sup> May, Wednesday 16<sup>th</sup> June 2010

**How much does it cost?**

The total cost for all 4 workshops and the workbook is £550 + VAT with £75 + VAT deposit payable on booking. 10% discount if you book your place at the Taster session on the 9<sup>th</sup> February 2010 at The CastleGate.

Complete and return the booking form with deposit or full payment to secure your place. Email: [suehewitt@milecastle.co.uk](mailto:suehewitt@milecastle.co.uk) Tel: 016977 47821  
Website: [www.milecastle.co.uk](http://www.milecastle.co.uk)



**Booking Form**  
**Springboard Open Programme at The CastleGate, Newcastle**  
11<sup>th</sup> March, 12<sup>th</sup> April, 18<sup>th</sup> May, 16<sup>th</sup> June 2010

To complete this form electronically please tab through to the next field. To check the boxes either use the space bar or mouse click. Once completed save the form and email or print it.

Name of Organisation .....

Address .....

Contact - Name .....

Tel. No .....

Email Address .....

I wish to apply for places for the following women on the Springboard course in **Dunblane:**

<b>Name</b>	<b>Job title/Department</b>	<b>Phone/Email</b>

**Special needs required (diet, access, assistance etc) – Name and details**

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**Price per place: £550+VAT, 10% discount if you book at the taster session. £75+VAT deposit payable with booking. Price includes: Four one-day workshops; Springboard workbook; lunch and refreshments on each workshop day.**

- I enclose a cheque for £                    made payable to **Milecastle Consultancy Ltd**
- I enclose a purchase order, please send me an invoice (please tick)

Places are not guaranteed until full payment is received. If you need to cancel you may have a 100% refund up to 8 weeks before the course start date or 50% refund up to 4 weeks before. No refunds are possible within 4 weeks of the course start date, but you may substitute participants at any time up to the start date.

**Please send completed application with payment to:**  
Sue Hewitt, Milecastle Consultancy Ltd, 1 Rose Cottages, Gilsland Spa, Brampton, Cumbria CA8 7AP  
Email [suehewitt@milecastle.co.uk](mailto:suehewitt@milecastle.co.uk) Tel: 016977 47821