

**Open programme
in Dunblane 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

When and Where?

The next open Springboard Course for women from a variety of organizations will take place at **Dunblane Cathedral, Perthshire** : Tuesday 16th March, Monday 19th April, Tuesday 11th May and Monday 14th June 2010.

How much does it cost?

The total cost for all 4 workshops and the workbook is £480+VAT with £75+VAT deposit payable on booking. 10% discount if you book your place at the Taster session on the 11th December 2009 in Dunblane Cathedral.

Complete and return the booking form with deposit or full payment to secure your place.



2010 Springboard Women's Development Programme at Dunblane Cathedral

Name of Organisation _____

Address _____

Contact person (name/tel/email) _____

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

Name	Job title / Department	Phone / Email

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

Price per place: £480+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**)

OR 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, Rose Cottages, Gilsland Spa, Brampton, Cumbria CA8 7AP
EMAIL: suehewitt@milecastle.co.uk Tel: 016977 47821 Website: www.milecastle.co.uk