

Springboard

The Award-Winning Women's Development Programme
Open Programme in the East Midlands starting January 2011



Are you hungry for something more?

Springboard helps you to take a fresh look at –

- ◆ Setting goals that reflect what is important to you
- ◆ Dealing with times of change and making the most of it
- ◆ Developing your confidence and assertiveness
- ◆ Getting the recognition you deserve
- ◆ Finding a healthy work-life balance
- ◆ Boosting your energy, letting go of anxiety
- ◆ Taking practical steps to take you where you want to be



“It opened my eyes to my full potential”

How does it work?

This personal and professional development programme includes –

- ✓ Four energising one-day workshops
- ✓ Inspiring guest speakers
- ✓ Your own motivational 300-page Springboard workbook
- ✓ The opportunity to network and share experience with other women



Our experienced facilitators bring this award-winning programme to life with a supportive approach, practical tips and real life examples.



What could I gain from Springboard?

Here are just a few examples of what Springboard could do for you –

- Over 80% of participants have more confidence, self-belief & clear goals
- Over 80% are more positive, more open to change & feel emotionally healthier
- Over 75% take on more responsibilities at work & speak up more in meetings
- 75% say they are better at problem solving
- Over two thirds report that other people have commented on the positive changes they have made since taking part in Springboard with two thirds saying this has been reflected in their formal appraisal



What do you want to achieve in 2011?

**Book Now! Early Bird rate £450 if you book before 31st October 2010
Thereafter, £500 All Inclusive**

Special Rate for Self-funding individuals & Charities: £400

Great value! Price includes 4 workshops, workbook, lunch and all refreshments at IGEM House Conference Centre, High Street, Kegworth, Derbyshire DE74 2DA
Near M1 J23a/24, M42, A50 with free on-site parking and disabled access
East Midlands Airport 2.7 miles, East Midlands Parkway Rail Station 3.4 miles



For more information see www.energise.biz or e-mail springboardforwomen@live.co.uk
Any questions? Give us a call - Liz on 07977 494 591 or Vanessa on 0791 368 0088

Booking form on next page – **don't miss the boat!**



**Women's Development Programme
BOOKING FORM**

**Open Programme - East Midlands 2011
27th January, 2nd March, 7th April & 11th May 2011**

Facilitated by Licensed Springboard Trainers Liz Castle & Vanessa Boon

Please complete one form for each person attending.

Name:	
Role:	
Organisation:	
Postal Address:	
Telephone:	
E-mail:	
Individual requirements:	What can we do for you? (i.e. dietary needs, access, prayer breaks, disability, etc – we can provide the workbook in an alternative format on request)

PAYMENT

1. By cheque - please make cheques payable to 'Liz Castle'

I enclose a cheque for £ _____

Please send completed booking forms and cheques to:

Liz Castle, Springboard, 16 Deacon Close, Market Harborough, Leicestershire, LE16 7UT

2. By invoice (for employers / organisations only)

Contact Name:	
Purchase Order Number:	
Contact Address:	
Contact Tel:	

ACCEPTANCE OF TERMS & CONDITIONS

1. Once a booking is made your fee cannot be refunded if you are unable to attend, however, you are welcome to allocate your place to another colleague
2. We reserve the right to cancel or postpone a programme, in which case a full refund will be made to you, or in the case of postponement the offer of a place on the re-scheduled course
3. You must attend all four workshops, and be willing to spend some time outside the sessions using the workbook, which is an essential ingredient in the programme and helps you to reap all the benefits

I have read and accept the booking terms and conditions

Signed: _____ Date: _____

For booking enquiries, call Liz on 07977 494 591 or e-mail springboardforwomen@live.co.uk