



Life-changing – Women's Personal Development Programme

What is it?

Designed and created exclusively for women, Springboard provides a unique, supportive environment where women can work together and share in personal development.

This phenomenally successful, award-winning development course enables participants to take more control over their own lives by identifying the clear, practical and realistic steps that they want to take and developing the skills and confidence to take them.

- Take charge of your life
- Shape your future with structured goals
- Effectively handle stress
- Balance home and work life
- Recognise and develop your talents
- Learn some new skills
- Develop assertiveness

How does it work?

The course is delivered over four one-day workshops, and there is a personal workbook, peer support, and motivational speakers to guide you through the programme.

Who's it for?

Designed for all ages and backgrounds, and open to full-time, part-time, qualified and unqualified women – indeed any woman who has the interest and desire to take a fresh look at herself and put energy and time into developing her life.

Cost

£497 (+ VAT) for the four workshops, the Springboard workbook, lunch and refreshments.

Dates: 7 October, 4 November and 9 December 2010 & 13 January 2011 (all Thursdays)

Time: 9:30 am – 4.30 pm

Place: Crawley, West Sussex

To book your place please email

info@train2grow.co.uk

