

Press Release from the Springboard Consultancy

5th February 2008

Chief constable gives special commendation to book on women's development

A book on personal development that has helped large numbers of policewomen in the UK to rise through the ranks has just received its own special commendation from one of the country's leading police officers who says it is equally applicable to women in all walks of life.

Julie Spence OBE, chief constable at Cambridgeshire Constabulary, gives the newly published latest edition of the Springboard book a ringing endorsement.

"I first came across the book and the women's development programme it supports when I moved into a senior management position and was looking for something that would enable the latent and often-suppressed talent of women to come to the fore and add real value to policing," she said.

"In my work with three different police services, I've consistently observed the benefits that women gain from the personal development that the book guides its readers towards. I see the tangible results, not only when I meet the women on programmes but also in my day-to-day work with those who've completed the course. They think about themselves and life in a more positive and confident way and create solutions, not problems.

"There's clear evidence that the investment is paying off – it's now up to the individuals who've benefited to build on this start that earlier editions of the book and the programme have given them.

"Of course it's not just for women in the police, it's for those in all walks of life. Whether you are in paid employment or not, you can only gain from the opportunity to pause, look at your life, make conscious decisions and then take action on them to carve out a fulfilling future for yourself," she added.

"Ultimately your life is what you, not anyone else, make of it. Living life to the fullest, being the best that you can be and contributing to your community will make a difference to you and will help make the world a better place."

Some 200,000 women around the world have successfully completed the Springboard programme, implementing the contents of the book to do so.

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At the outset, there were just two trainers to deliver the programme, Liz Willis and Jenny Daisley, the book's co-authors. Now there is a network of 850 specially qualified trainers who run programmes in the UK, Armenia, Australia, Austria, Denmark, Finland, France, Ghana, India, Kenya, Kuwait, Poland, Portugal, Malawi, Malta, New Zealand, Republic of Ireland, Saudi Arabia, South Africa, Spain, Sweden, Syria, Tanzania, UAE, USA and Yemen. Jenny has worked in every country where the book has been introduced.

Liz and Jenny now draw on a broad range of experiences of working in depth with women from across the spectrum. The main mission of their business is to provide access to quality development training to women and men from diverse backgrounds and circumstances. Having started at the bottom of organisations and worked their way up, they have personally experienced many of the hurdles encountered by women, both at work and in their personal lives.

Those who have made use of the book and taken part in the development programme report exciting changes in their lives such as substantial promotions, sorting out relationships, getting healthy, being taken seriously and feeling more self-confident.

“The Springboard book is all about what you can do for yourself,” said Liz Willis, chief executive of the Springboard Consultancy. “It’s not about what your family should do for you, what the government, your partner, your colleagues, your manager, or your organisation should do for you. You change what you want to change and be who you want to be.”

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Note to editors:

- The Springboard women's development workbook by Liz Willis and Jenny Daisley is published by Hawthorn Press, 1 Lansdown Lane, Stroud, Glocs, GL5 1BJ, tel: 01453 757040. 320pp; 246 x 189mm; 978-1-903458-74-7; price £30.
- Photographs are available of authors Liz Willis and Jenny Daisley, chief constable Julie Spence, and also of the front and back covers, on request.

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